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Best Time-Saving Beauty Hacks

+

Kitchen Organizing Tips

+

Easy Dinners for Busy Days

MARCH 2018

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HISTORIC CULTURE

Nine Native American tribes call South Dakota home. Today, you're invited to experience the hospitality, art, culture and history of these fascinating people and become part of the tiyospaye (pronounced tee-osh-pa-yeh), which means "extended family group". We are the land of the Dakota, Lakota and Nakota. Come join us.

SYLVAN LAKE

Custer State Park is home to five serene lakes. Of those five, Sylvan Lake stands out as perhaps the most picturesque of the bunch. Swim, paddleboard or kayak across its tranquil waters before hiking along its rocky shore. Feelings of awe and inspiration won't be far behind.

Thoughts

"See the world. It's more fantastic than any dream made or paid for in factories."

—**RAY BRADBURY,** ***Fahrenheit 451***

OFFSET

Photograph by Kathrine Norsk

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*vs. previous formula. **Suggested retail price.

CLINIQUE

Editor's Note

I GOT A CALL AT WORK BACK when I was living in Texas. "We haven't met, but I'm your neighbor," the caller said. "I hate to have to tell you this, but the police are at your house because there's been a break-in." She added that she didn't want me to hear the news from the officers or a stranger—she had gotten my work number from a mutual friend. Stressed, I raced home to find blood on my windowsill, where the burglar had broken in. Luckily the police caught him within hours (thank you, Austin's finest), and my belongings were returned.

A home invasion may seem like an odd way to learn about the importance of community, but the thing that stuck with me—aside from the value of a security system—is how the caller distinguished between a stranger and a neighbor. Technically, we were strangers. But her neighborly action helped me feel safer in the fraught weeks after the break-in.

It's that feeling that made me excited to partner with Nextdoor, the private social media network, to recognize six people for the Real Simple Great Neighbor Awards (page 112). When I joined Nextdoor, I appreciated the notices of available babysitters and recaps of municipal meetings I couldn't attend. But Nextdoor has also played a sometimes dramatic role in helping connect victims of natural disasters with government agencies and, as you'll read in our story, with neighbors who then made heroic rescues. As I learned in Austin, life is easier when you have someone watching your back.

We shared ideas and neighbor stories at the Nextdoor/*Real Simple* tea at the beautiful Mansion on Turtle Creek in Dallas. The amazing women included (front row, center, to my left) Sarah Harmeyer of Neighbor's Table and Jenna Bush Hager.

Left: Who doesn't love a pretty setting and a personalized teapot? P.S. Let us know if you'd like to do an event where you are!

At our Nextdoor block party with 2017 Dallas award winners Kim Martinelli (left) and Meagan Martinelli (second from right), who created a kids' run fundraiser. Also shown (from left): Thomas Martinelli, Mary Hope Burns, Nextdoor cofounder Sarah Leary, and me.

FROM TOP: COURTESY OF RYAN RAY (3); COURTESY OF DON MAMONE

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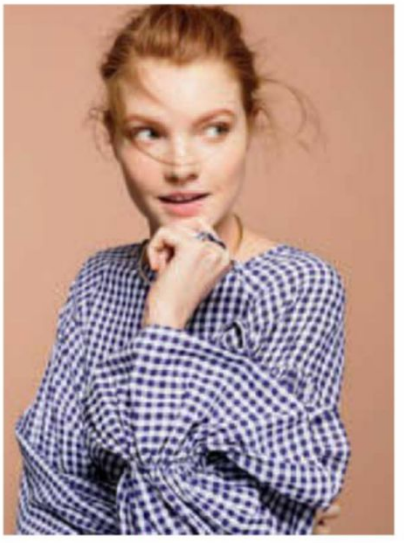

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Prop Styling by Glen Proebstel

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MEET
HEATHER MUIR MAFFEI
BEAUTY DIRECTOR AT *REAL SIMPLE*

Favorite beauty product:
Charlotte Tilbury Magic Cream. It's super hydrating and leaves a glowy sheen.

Best beauty hack:
I use a self-tanning wipe before bed so I wake up looking sun-kissed.

Ideal weekend plans:
After eating healthy all week, my husband and I have "cheat night" and order whatever we're craving. Then we cuddle with our two Great Danes, Apollo and Chunk.

@HMUIR
ON INSTAGRAM

The spiralizer, reimagined
Go beyond zucchini noodles. We've come up with creative new dishes featuring a variety of spiralized veggies, including this vibrant beet salad.
Visit realsimple.com/spiralizedrecipes.

DIY bath bombs
Save money and customize your own. Start with ingredients like baking soda and Epsom salt.
Get instructions at realsimple.com/bathbombs.

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CLOCKWISE FROM BOTTOM LEFT: COURTESY OF REALSIMPLE.COM; PHOTOGRAPH COURTESY OF SARAH KEHOE; PHOTOGRAPH BY CAITLIN BENSEL, FOOD STYLING BY CHELSEA ZIMMER, PROP STYLING BY CHRISTINE KEELY; PHOTOGRAPH BY JAY MUCKLE

THE ALL-NEW RX 350L. THREE ROWS FOR SEVEN PASSENGERS.[1]

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Options shown. 1. RX 450hL only available with captain's chairs (seating for six). 2. Drivers are responsible for their own safe driving. Always pay attention to your surroundings and drive safely. System effectiveness is dependent on many factors including road, weather and vehicle conditions. See *Owner's Manual* for additional limitations and details. 3. Ratings achieved using the required premium unleaded gasoline with an octane rating of 91 or higher. If premium fuel is not used, performance will decrease. 4. RX 450hL arriving Spring 2018. ©2017 Lexus

Your Words

What product or strategy helps you get out the door quicker?

I wait until I'm at work to have my coffee. It motivates me to get ready and keeps me from lingering.

LIBBY CUTLER, RICHMOND, VIRGINIA

#RSLOVE "THESE DRIED BOUQUETS CAUGHT MY EYE ON A RAINY NEW YORK CITY DAY." @NOREENWASTI

I keep the kids' socks, shoes, and hair stuff next to the garage door so we don't have to run around the house for the last few things we need to leave the house.

VALERIE THOMPSON, HOUSTON

I shower and wash my hair in the evening, then sleep on a silk pillowcase. In the a.m., I just fluff out my hair with a light styling product. It saves me up to half an hour.

SUSAN KATZ, HENDERSON, NEVADA

I set my alarm to an upbeat song to stop myself from pressing snooze. There's no better way to get moving in the morning.

@DARTHCAKEINATOR

Twenty years ago, I decided to wear only dresses to work. They're easy and comfortable, and they require less outfit coordination.

KIMBERLY GREMILLION, ALEXANDRIA, LOUISIANA

While preparing for bed, my husband and I talk through the next day. It helps us get on the same page in case we forgot about something. And knowing we're ready for the day ahead helps us sleep better.

MAYHEW LESTER, DALLAS

Teaching my five children to make their own lunches. From the age of about 4, they started learning what should be included in a healthy(ish) lunch and being given a budget at the grocery store to use on their favorite snacks. This also helps keep them from complaining about not liking what I packed or not having an extra snack after school.

ASHLEY GAINES, JACKSONVILLE, FLORIDA

The Hamilton Beach Breakfast Sandwich Maker is a game changer in the mornings. I'm able to serve my 5-year-old a hot breakfast while tending to my newborn at the same time. Talk about a win!

MOLLY WOODSUM, TALLAHASSEE, FLORIDA

We set the table for breakfast right after cleaning it up from dinner.

LAURA KLUGE, LOS ALTOS, CALIFORNIA

One of our young daughters once required 45 minutes to get dressed in her winter gear. Amazon's Alexa helped us implement our pediatrician's advice to set a timer. The kids jump to get their shoes, coats, and backpacks every time she rings.

AMANDA DREYER, MADISON, WISCONSIN

The Starbucks mobile app!

ANNE GILSON, MIDDLETOWN, NEW JERSEY

A keypad lock on my front door. Because I mostly walk, bike, and take public transportation, I rarely need car keys; the keypad lets me forgo carrying a house key too. No more search-and-destroy missions or fumbling around before leaving the house, which translates into less stress getting to my destination.

KATE SCHWARZ, WASHINGTON, D.C.

When my children were younger and in school, I made a breakfast menu with pictures of their favorite food and drinks, such as cereal, bagels, OJ, and chocolate milk. Before they went to bed, they circled what they wanted. It made morning time easy, with no complaints!

DEBI MULLER, PLANTATION, FLORIDA

Binder clips. My hands chafe and get cold easily, so I'm always wearing gloves during the winter. I keep my gloves together using the clips and put them in a clear plastic bin in the closet. It makes it easy to grab a pair of gloves and go.

MARGE LASKOWSKI, MILLER PLACE, NEW YORK

Setting the coffee maker on a timer the night before. The scent helps me move faster.

@ANJUBSM

The hatchback of my car. I work in forestry, so I leave the house with my arms full of backpacks, binders, tools, and equipment. When I bought my most recent car, I insisted on a hatchback so I could just shove everything in quickly and not dirty the passenger seats.

CAMILLE STEPHENS, LOGAN, UTAH

Every single clock is set 10 minutes ahead.

ANN-MARIE LYONS, FRANKFORT, ILLINOIS

The women who shared the photos in this column will receive a Real Sleep by Real Simple mattress. For 15 percent off, go to realsleep.com and enter code SLEEP. Want to be considered for this column? Tag photos on Instagram with #RSLOVE.

#RSLOVE "EVERY DAY IS A GOOD DAY TO BE ON THE FARM." @FRENCHBULLEMMA

NEXT QUESTION...

What's your best piece of gardening advice?

Send an email to **yourwords@realsimple.com** and let us know your answer to this question. Your response could appear on these pages.

I spend a few minutes cuddling with my children. It makes them much more willing to do what needs to be done to get out the door.

TIFFINY WOLF, ATLANTA

The Short List

FIVE BOOKS THAT WON'T DISAPPOINT

By Elizabeth Sile

High-stakes adventure

After a disastrous interview and public breakup, actor Charlie Outlaw flees to an island—and gets kidnapped. When fellow actor Josie, his heartbroken ex, realizes Charlie is missing, she must find him herself. Leah Stewart's *What You Don't Know About Charlie Outlaw* is part love story, part fun mystery, and a realistic look at TV acting and fame.

Historical fiction

First Lady Eleanor Roosevelt's relationship with journalist Lorena Hickok—who largely lived in the White House—has long fascinated historians, who suspect the two were lovers. In *White Houses*, Amy Bloom illuminates this relationship and Hickok's tumultuous life with her usual evocative prose, making readers reflect on what they would do for true love.

Case study

Nonfiction standout *The Kevin Show* tells the story of Kevin Hall: A gifted sailor, he seems in his 20s to be headed for the Olympics. But after he's arrested for erratic behavior, Kevin is diagnosed with a form of bipolar disorder that makes him believe he's starring in a TV series. With impressive detail and sensitivity, journalist Mary Pilon (*The Monopolists*) captures the highs and lows of Kevin's life with mental illness.

Great for book club

When writer Anya Yurchyshyn loses her mother and father, she finds herself without grief as she reflects on their difficult marriage and her childhood. But digging through photos and letters, she realizes how little she knew the people who raised her. In her poignant memoir, *My Dead Parents*, Yurchyshyn researches her parents—interviewing family, traveling abroad—to ultimately gain peace.

Story collection

Fans of Ramona Ausubel (*Sons and Daughters of Ease and Plenty*) and new readers alike will discover something to enjoy in *Awayland*. In these 11 stories, we meet a chef to astronauts who goes to great lengths to get pregnant, a Minnesota mayor who declares a "designated sex day" to trigger a population boom, and a Cyclops looking for love online. It's an eclectic, humorous mix.

For more book recommendations, visit realsimple.com/books.

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Photograph by Addie Juell

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what we love

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SEE THIS

The annual National Cherry Blossom Festival in Washington, D.C., is celebrating its 91st year with a 21st-century update: Attendees will get to experience the blossoms through augmented reality, thanks to an immersive installation from Artechouse, open from March 15 to April 15. If you can't make it in person, follow the festival on Twitter (@CherryBlossFest).

BUY THIS

The Brave Collection offers a selection of delicate jewelry—hand-carved and woven in Cambodia—that gives back: Ten percent of proceeds go toward fighting human trafficking, and the company also supports the education of its workers' children. The gemstone line has four new colors: turquoise, lapis, pink opal, and jasper.
TO BUY: From $110; thebravecollection.com.

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Photograph by Addie Juell

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Pretty Smart

ADORABLE GROOMING TOOLS AND SEVEN OTHER BEAUTY BUYS TO SAVE YOUR SANITY

By Heather Muir Maffei

DRUGSTORE SPECIAL

ISAAC MIZRAHI LOVES REVLON COLLECTION

Portable, precise, and pretty, these tools look cute and get the job done. The new line includes stainless-steel tweezers, nail essentials, and an eyelash curler that lifts without pinching. **TO BUY:** $2 to $12; at drugstores.

PROP STYLING BY CECILIA ELGUERO FOR KATE RYAN INC.

Photograph by Addie Juell

SECRET FRESHIE IN LUXE LAVENDER

This palm-size antiperspirant is the cleverest idea. Pop it into your handbag and use it to touch up discreetly during sweaty moments (say, after a big meeting). It goes on clear and comes in four scents.
TO BUY: $5; at drugstores.

PHYSICIANS FORMULA THE HEALTHY LIP VELVET LIQUID LIPSTICK

The comfiest matte lipstick we've tested, this mousse-like formula packs hydrating avocado oil and delivers rich, long-lasting color.
TO BUY: $8 each; physiciansformula.com.

HERBAL ESSENCES BIO:RENEW BLUE GINGER & MICELLAR WATER SHAMPOO

If you wash or color your hair often, this silicone- and paraben-free shampoo is your ticket to healthy strands. It lifts dirt without stripping.
TO BUY: $6; at drugstores.

VENUS PLATINUM EXTRA SMOOTH

Your favorite razor just got a major makeover: The handle was upgraded from plastic to sculpted metal for a more substantial feel. With five blades and a flexible head, it gives you a smooth shave every time.
TO BUY: $15; at drugstores.

L'ORÉAL PARIS PURE-SUGAR PURIFY & UNCLOG FACE SCRUB

Buff away dull, congested skin with this gentle sugar-and-kiwi-seed gel mask. A few times a week, massage onto dry skin, then rinse. It doubles as a lip scrub.
TO BUY: $13; at drugstores.

LOVE BEAUTY AND PLANET SHOWERLESS CLEANSING MIST

No time to shower but want to freshen up? Spritz skin with this coconut-water mist, then towel off.
TO BUY: $9; at drugstores.

NEUTROGENA RADIANCE BOOST BRIGHTENING 100% HYDROGEL MASK

Treat brown spots with this potent sheet mask, which comes in two parts so it can fit all face shapes.
TO BUY: $2.50; at drugstores.

SMEAR: GREG MARINO; PRODUCT IMAGES COURTESY OF MANUFACTURERS

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Road Test

Palettes

CUT THROUGH THE MAKEUP AISLE CLUTTER AND PICK A PALETTE THAT OFFERS YOU MULTIPLE LOOKS IN THE PALM OF YOUR HAND. THROW ONE IN YOUR BAG AND YOU'RE GOOD TO GO.

By Lisa DeSantis

REAL SIMPLE ROAD TEST

BEST SPLURGE

Chanel Les 9 Ombres Edition No. 1 Affresco

This rainbow palette is the ultimate eye candy. Swipe on the neutrals for the office and the gold for a special occasion. Use the shimmery bronze or gray for an instant smoky eye. To transform any shadow into a liner, apply with the side of the sponge (try blue on lower lash lines to brighten). **TO BUY:** $70; chanel.com.

Dealing with a broken palette? Turn the powder into nail polish with the clever hack at **realsimple.com/cracked.**

BEST LIP

YSL Lip Palette Collector in Pop Illusion

Think of this as your lip wardrobe: Shades range from dusty rose to true red. Apply any excess color on your cheeks. **TO BUY:** $60; yslbeautyus.com.

BEST CHEEK

Oribe Illuminating Face Palette in Sunlit

Perk up tired skin with these pearlized powders. Swirl them together and dust onto cheekbones or wear them separately as highlighter, blush, and bronzer. **TO BUY:** $68; oribe.com.

BEST NEUTRAL EYE

NARS Wanted Palette

These rich, sepia-toned shadows make every eye color pop. Define your crease with the mattes; sweep the metallics onto your lids to look wide-awake. **TO BUY:** $59; sephora.com.

BEST SMOKY EYE

CoverGirl truNaked Smoky Palette

No more smoky-eye intimidation. These silky shadows are super blendable—plus, they don't leave fallout on your cheeks. **TO BUY:** $13; covergirl.com.

BEST ALL-IN-ONE

Gigi Hadid x Maybelline Jetsetter Palette

Meet your makeup bag on the move. You get two concealers, four eye shadows, two lip glosses, blush, bronzer, highlighter, brushes, and a mini mascara. **TO BUY:** $30; ulta.com.

PRODUCT IMAGES COURTESY OF MANUFACTURERS

The Staple

Why should peanuts have all the fun? When pureed until smooth, almonds transform into a tasty spread that's perfect for toast and so much more. Combine with crushed pretzels and melted butter for a no-fuss salty-sweet piecrust that begs for chocolate mousse. Blend with cooked sweet potatoes to make a rich hummus with nutty undertones. Or whisk up a satay-style sauce to drizzle over vegetables or grilled chicken. Look for almond butter with no added sugar, and keep at room temperature unless the label specifies otherwise.

PROP STYLING BY CECILIA ELGUERO FOR KATE RYAN INC.

Quick Ideas

1 CHOCOLATE MOUSSE PIE WITH NO-BAKE PRETZEL–ALMOND BUTTER PIECRUST

Combine 1¼ cups finely crushed pretzels, ⅓ cup each melted unsalted butter and smooth almond butter, and ¼ cup brown sugar; press into the bottom and up the sides of a lightly greased pie plate. Freeze 15 minutes. Add 4 cups chocolate mousse. Cover and chill overnight. Top with whipped cream; garnish with chocolate shavings.

2 SWEET POTATO–ALMOND HUMMUS

Combine 1½ cups cooked sweet potatoes; 1 15-oz. can chickpeas (drained and rinsed); 1 clove garlic; 2 Tbsp. each unsalted almond butter, olive oil, and lime juice; 1½ tsp. each cumin and salt; and ⅛ tsp. cayenne in a food processor. Process until smooth. Drizzle with oil and top with chopped almonds.

3 GINGER-ALMOND SAUCE

Whisk together ½ cup smooth almond butter, ⅓ cup water, 3 Tbsp. lemon juice, 2 Tbsp. Asian chili-garlic sauce, 1 Tbsp. grated ginger, 2 tsp. light brown sugar, and ¼ tsp. each salt and pepper. Drizzle over roasted Broccolini or serve with spring or summer rolls.

By Grace Elkus

Recipes by Paige Grandjean

Photograph by Corey Olsen

Little Helpers

SIX SMART PRODUCTS TO MAKE YOUR LIFE EASIER

By Brandi Broxson

REFRIGERATOR FRESHENER

Filled with bamboo charcoal, this linen bag helps banish odors and absorb moisture. Plus, it frees up shelf space by attaching to the refrigerator wall with a suction cup. Lasts up to two years.
TO BUY: Moso refrigerator bag, $9; mosonatural.com.

TWO-IN-ONE DOG COLLAR

This nylon collar has a built-in four-foot leash, making it easy to quickly tether your canine. The leash is strong enough for dogs up to 110 pounds and retracts when not in use. Collar comes in four sizes and six colors.
TO BUY: Release N Run Leash, $40; myraddog.com.

LEAF STRIPPER AND SNIPPER

One of our all-time favorite tools got a makeover. Now it not only strips leaves from herbs and bulky greens but also features stainless-steel shears to snip fresh plants from your garden. Dishwasher safe.
TO BUY: LooseLeaf Plus, $10; chefn.com.

SATIN-LINED CAP

This hat's underside is finished with soft charmeuse that will reduce hair breakage and keep textured hair feeling moisturized. Best of all: The material prevents hat head! The cap comes in three colors and features an adjustable back strap.
TO BUY: Satin-lined baseball hat, $31; graceeleyae.com.

HEADPHONE HEADBANDS

Traditional earbuds are sometimes uncomfortable for little ones. These fleece headbands contain removable flat headphones and lie smoothly over ears. Volume level is limited to protect hearing. Machine washable.
TO BUY: Snuggly Rascals headphones, $18 each; snugglyrascals.com.

BLUE LIGHT–BLOCKING LENSES

Eyes feeling strained after a day at the computer? These glasses filter out the blue light emitted from your devices. Six frame options available. No prescription necessary.
TO BUY: Felix Gray computer glasses, from $95; felixgray.com.

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New Uses for Old Things

Stain Fighters

HERE, FOUR AROUND-THE-HOUSE ITEMS COME TO THE RESCUE IN THE MESSIEST OF SITUATIONS. SPLATTERS AND SMEARS, YOU'VE MET YOUR MATCH.

By Brandi Broxson

DENTURE TABS ON SNEAKERS

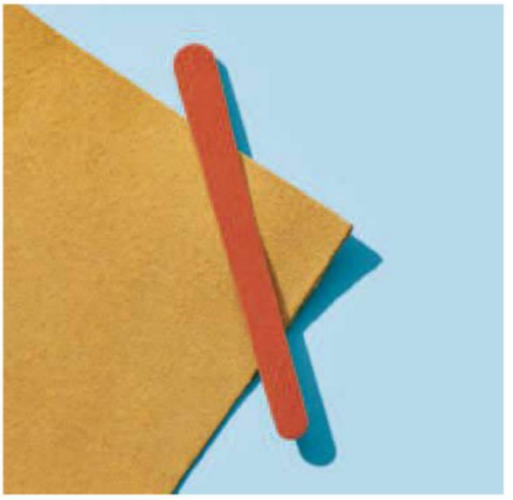
To loosen dirt and get rid of odor, place your shoes in a basin with warm water and a couple of denture tablets. Use an old toothbrush to scrub stubborn stains. Rinse shoes and let them air-dry.

SWEETENER PACKETS ON GREASE SPOTS

Spilled some salad dressing on your shirt at lunch? Apply artificial sweetener to the area. It will absorb the oil, making washing easier once you get home.

MILK ON PEN DOODLES

Pour a tablespoon of full-fat milk onto the stain and let it sit for 20 minutes. Then rub the fabric together until the stain fades. Launder as usual.



EMERY BOARD ON SUEDE

Gently rub the file across suede fabrics to remove stains and scuffs.

Scratchy towels? For an easy fix, visit **realsimple.com/towels.**

PROP STYLING BY MIAKO KATOH

Photographs by Corey Olsen

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the realist

THE CASE FOR READING BEFORE BED

Bedtime stories aren't beneficial only for kids. Research shows that reading can reduce stress by 68 percent—more than other traditional methods of relaxation. It doesn't take much time to reap the rewards: Six minutes is all you need to slow your heart rate. Opt for something light and easy, says clinical psychologist Michael Breus, PhD, author of *The Power of When*. "Avoid anything that will reverse those feel-good effects, like a horror novel or a self-help book that requires too much introspection."

By Brandi Broxson

Photograph by Sidney Bensimon

PROP STYLING BY ASTRID CHASTKA. GOOD MORNING + GOOD NIGHT EMBROIDERED PILLOWCASES (SET OF 2 IN GIFT BOX), $199; REBECCAATWOOD.COM. EXCERPT FROM *THE END WE START FROM*, COPYRIGHT © 2017 BY MEGAN HUNTER. USED BY PERMISSION OF GROVE/ATLANTIC INC. ANY THIRD-PARTY USE OF THIS MATERIAL, OUTSIDE OF THIS PUBLICATION, IS PROHIBITED

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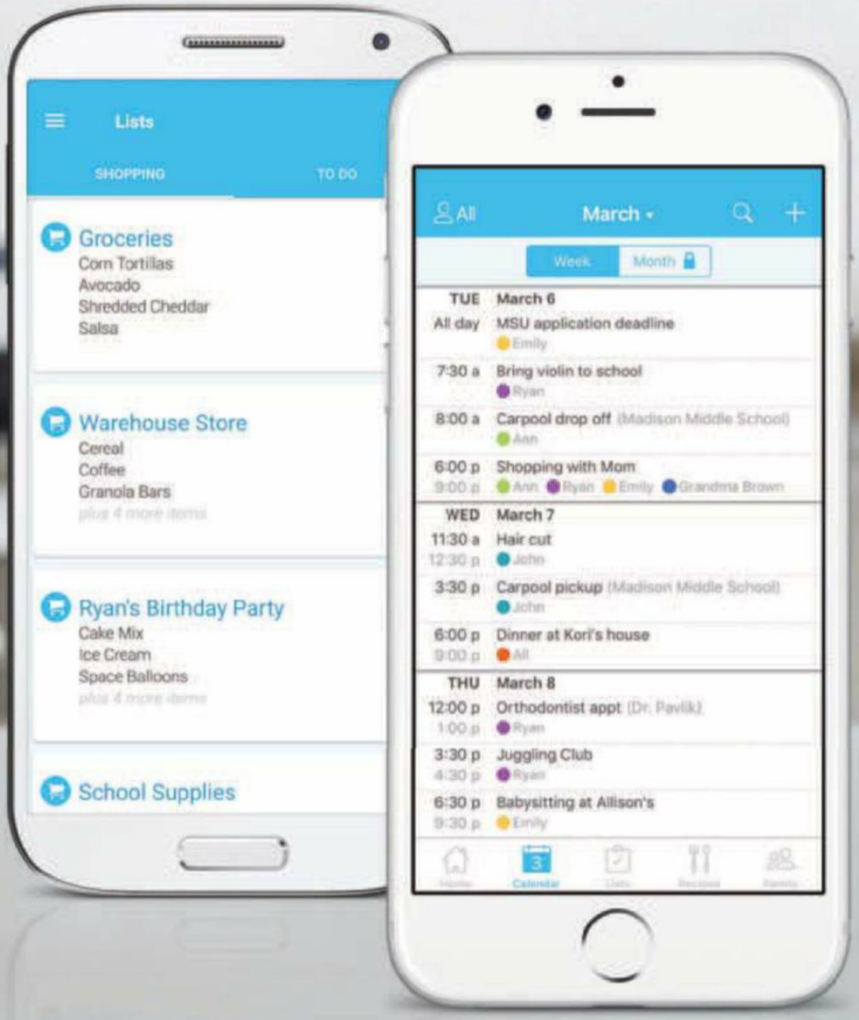

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Things Cooks Know

STRATEGIES, TECHNIQUES, AND TIPS FOR EVERYTHING POTS AND PANS— FROM THE *REAL SIMPLE* TEST KITCHEN TO YOURS

By Ananda Eidelstein

Must-Haves

With these essentials, you'll be able to simmer, steam, boil, or braise just about anything.

NONSTICK AND STAINLESS-STEEL SKILLETS

We love a nonstick pan for delicate foods like eggs, but avoid using one at high temperatures. Instead, opt for a stainless-steel skillet to brown meats, crisp up skin-on chicken pieces, and sauté vegetables.

GO-TO SIZE: 10-inch.

PRO TIP: If you're stacking nonstick pans, place a dish towel between them to help protect the coating.

SAUCEPAN

Reliable and versatile, it's perfect for small batches of soups and grains and can be turned into a makeshift double boiler: Simply add a couple of inches of water and rest a large heat-safe glass or stainless-steel bowl on top.

GO-TO SIZE: 4-quart.

PRO TIP: Buy one that's sturdy and feels heavy for its size. Aluminum alone won't do: Heavier metals last longer and tend to conduct heat more evenly.

DEEP-SIDED SKILLET

Also called a sauté pan or straight-sided skillet, this vessel is great for shallow frying, braising, and finishing a pasta dish or meatballs right in the sauce.

GO-TO SIZE: 12-inch.

PRO TIP: The high sides prevent oil splatter as you're frying, but you should fill this pan no more than halfway with oil to avoid a grease fire.

CAST-IRON SKILLET

Excellent for stovetop-to-oven cooking and for giving meats a deep golden sear.

GO-TO SIZE: 10-inch.

PRO TIP: To remove stuck-on food, add kosher salt to a still-warm pan (taken off the heat), then rub with a kitchen towel. Discard salt, rinse with hot water, and heat over medium-low until dry.

Nice Extras

If you're an avid cook and have the storage space, these heavy-duty pots are handy.

SOUP POT OR STOCKPOT

Use a soup pot to boil pasta, which needs room to cook (we like a six-quart size). A stockpot is larger, ideal for simmering big batches of stock or cooking lobster. Look for one with at least a 12-quart capacity.

DUTCH OVEN

This thick-walled, lidded pot is our favorite for braising, since it holds heat for a long time and goes easily from stovetop to oven. We're partial to enameled cast iron because it's stick-resistant and comes in a rainbow of colors.

Keep in Mind

CERAMIC-COATED: Major points for easy cleanup and a surface that lets you cook with less oil compared with stainless steel and cast iron.

COPPER: Best when lined with a nonreactive metal like tin or stainless steel (it reacts with acid otherwise), copper is a champion heat conductor, which means pans heat up quickly and distribute heat evenly for more uniform cooking.

INDUCTION-FRIENDLY: A pan must be magnetic to work on an induction cooktop. Go for cast-iron, magnetic stainless-steel, and enameled cookware. Aluminum, glass, and copper pans are no-nos unless layered with a magnetic material.

For tips on cleaning and seasoning your cast-iron skillet, go to realsimple.com/skillet.

Did you know?

- Nonstick skillets (with heat-safe handles) make great vessels for frittatas.
- You can bake bread in a Dutch oven.
- Cast-iron pans turn out crispy pizza and are great for baking corn bread, fruit crisps, crumbles, and pies.

ILLUSTRATIONS BY ISTOCK/GETTY IMAGES

Organize This

LEARN HOW TO MAKE OVER YOUR MAKEUP STORAGE WITH CHERYL ARZEWSKI AND JORDAN MARKS, COFOUNDERS OF IT'S ORGANIZED.

1 DEFINE THE SPACE

If you like to store products out in the open, gather similar items into small containers so they don't take over the entire dresser or vanity. Corral perfumes on a tray and cotton swabs in a jar. If a container overflows, it's time for a quick purge.

2 TREAT BRUSHES RIGHT

Tossing cosmetic brushes into a bag can damage the bristles—not great, since they can be pricey to replace. Instead, store them upright in a small vase or jar filled with beads (to prevent them from tipping over). Simple and pretty. **TO BUY:** Ashland Diamond Filler beads (in jar), $7; michaels.com.

3 KEEP THINGS COMPACT

Stash serums and polishes in a multitiered, rotating organizer for maximum storage with minimal footprint. **TO BUY:** Lori Greiner spinning cosmetic organizer, $40; bedbathandbeyond.com.

4 DIVIDE AND CONQUER

Storing products in drawers? Choose organizers that have slots for similar items. Use acrylic dividers or a small utensil tray if you have an extra handy.

5 TAKE IT TO GO

Reserve a spot for a makeup case you can easily grab when you're packing for a trip. Rather than trying to remember which items are must-haves each time you travel, buy sample sizes or decant your faves into smaller containers so the pouch is ready to hit the road as soon as you are.

Find our beauty editors' eight makeup essentials at realsimple.com/makeup.

PROP STYLING BY ASTRID CHASTKA. MIDCENTURY 3-DRAWER DRESSER, $699; WESTELM.COM

Photograph by Sidney Bensimon

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Beauty Coach

Easy Waves

BECAUSE EFFORTLESS-LOOKING WAVES ACTUALLY REQUIRE A LITTLE EFFORT, HERE ARE THE THREE SECRETS TO ACING THEM.

By Chelsea Traber Burns

1

SECTION AND SPRAY

Start with dry hair (second-day hair works just fine). Grab one-inch pieces and spritz with a styling primer, like Ouai Memory Mist ($28; theouai.com). Doing so shields strands from heat and prevents hair from falling limp. Brush through to avoid crunchiness.

2

WRAP AROUND

Hold your curling wand upside down (we like DryBar Wrap Party Styling Wand, $165; sephora.com). Beginning a few inches from roots, wrap a section of hair around the barrel, away from your face. Leave an inch out at the ends. Release after 10 seconds and repeat all over.

3

TOUSLE AND TAME

To break up waves and smooth fly-aways, rub a dime-size dollop of finishing cream, like John Frieda Frizz Ease Secret Weapon Touch-Up Crème ($7; at drugstores), between your hands, then finger-comb it through strands, starting at your ends.

To watch a video on how to get the look, go to realsimple.com/easywaves.

PROCESS SHOTS BY JERRY LEU; PRODUCT IMAGES COURTESY OF MANUFACTURERS

HAIR AND MAKEUP BY AMY CHIN. JILL STUART TOP, $348; MADE TO ORDER. 212-343-2300. J.CREW DENIM JACKET, $98; JCREW.COM. CATBIRD HOOPS, $140; CATBIRDNYC.COM. JENNIFER FISHER RING (SOLD AS SET), $495; JENNIFERFISHERJEWELRY.COM

Photograph by Mei Tao

25 Best Beauty Hacks

WE ASKED BEAUTY PROS, EDITORS, AND EXPERTS—AND SOME GORGEOUS WOMEN LIKE YOU—TO SHARE THEIR CLEVEREST TRICKS. GETTING PRETTY JUST GOT EASIER.

By Melanie Rud Chadwick

GET READY FASTER

HALVE YOUR SHOWER TIME

If you're an a.m. hair washer, shampoo and condition simultaneously. Lather up the top of your head, run conditioner from midshaft to tips, then rinse out both at the same time. Your roots are where you need shampoo the most (dirt, oil, and products build up there), while the ends require hydration and minimal cleaning.

SPEED UP DRYING

Wearing a towel turban may seem like a good way to dry your hair, but surprisingly it's not. Once the cotton is soaked, it keeps the hair wet, prolonging the drying process. The cotton can also rough up the hair cuticle, increasing the likelihood of breakage and frizz. Let hair air-dry or opt for a gentler and more absorbent microfiber towel. We like Aquis Lisse Luxe Hair Towel ($30; aquis.com).

SMEAR: GREG MARINO; PRODUCT IMAGES COURTESY OF MANUFACTURERS

Illustrations by Maria-Ines Gul

LOOK GOOD AT WORK

STYLE WHILE YOU SLEEP

Spritz dry shampoo along your roots before bed as a preemptive measure; it will absorb excess oil as the oil is produced. Your hair will feel extra fresh come morning, and you'll need only a quick touch-up before you run out the door. Try Dove Volume & Fullness Dry Shampoo ($4; target.com).

ACE YOUR ARCHES

When there's no time for full makeup, grooming just your brows can go a long way toward making you look put together. Use a clean spoolie brush to comb brows backward, starting at the tail. This reveals any sparse areas, which you can then quickly fill in with a pencil, like Benefit Goof Proof Eyebrow Pencil ($24; benefitcosmetics.com).

REPURPOSE YOUR OFFICE SUPPLIES

When unwanted sheen appears, resist the urge to keep powdering your nose, as too much powder can quickly start to look cakey. Gently blotting away excess oil is a better bet, and you don't even need fancy blotting paper. Toilet seat covers from the bathroom or a coffee filter from the break room works just as well. We won't tell your boss.

UPGRADE YOUR PONYTAIL

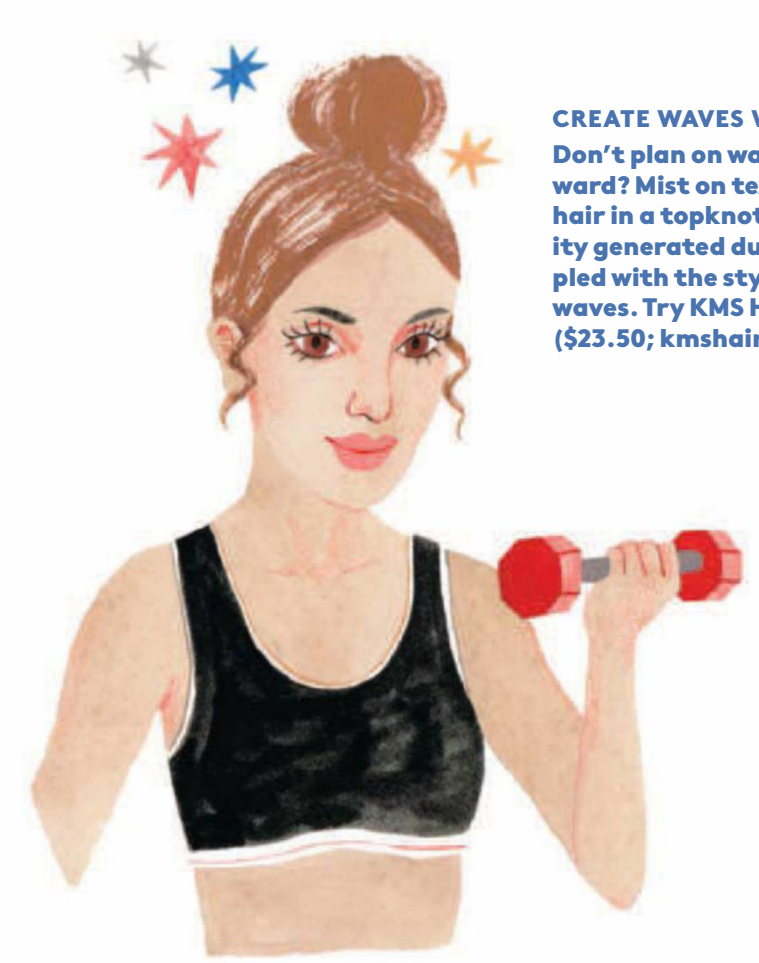
Make any pony, braid, or bun office-ready by creating the illusion of added volume, no hot tools required. Simply dust a root touch-up powder onto your hairline, your part, or any areas where your scalp is exposed. Your hair will instantly look fuller. A good one: Madison Reed Root Touch Up ($30; sephora.com).

AVOID MASCARA SMEARS

Believe it—a business card doubles as an excellent eye makeup tool. When you're applying mascara, place one directly behind your upper lashes or underneath your lower lashes. The card acts as a shield, letting you work the wand all the way to the base of your lashes without leaving smudges.

REFRESH YOUR MAKEUP WITHOUT A MIRROR

If that 3 p.m. slump is starting to show on your skin, there's no need to redo your makeup. A colorless hydrating balm revives your entire look. Dab it onto cheekbones, lids, and lips for an immediate pick-me-up. Try Milk Makeup Hydrating Oil Stick ($24; sephora.com).



CREATE WAVES WHILE YOU WORK OUT

Don't plan on washing your hair afterward? Mist on texturizing spray and put hair in a topknot. The warmth and humidity generated during your workout, coupled with the styler, will produce pretty waves. Try KMS HairPlay Sea Salt Spray ($23.50; kmshair.com/salon-finder).

FIGHT FLYAWAYS

All it takes to transform your ponytail into an office-appropriate style is an extra hair tie. Secure the hair with one tie. Then add a second for extra hold and lift, making your pony look intentional. Spritz Tresemmé Compressed Micro-Mist Hair Spray ($5; at drugstores) onto a toothbrush and run it along your hairline to smooth errant hairs.

GO FROM GYM TO DESK

KEEP SKIN CLEAR

Pre-workout, wipe your face with a salicylic acid pad. The ingredient helps exfoliate dead skin cells, clearing pores and preventing oil from getting trapped. Try First Aid Beauty Skin Rescue Blemish Patrol Pads ($30; sephora.com).

SOFTEN STRANDS AS YOU SWEAT

Before working out, apply a hair mask from midshaft to ends, then throw your hair into a bun. The heat from exercising will help the mask penetrate. As an added time-saver, you can skip conditioner after you wash it out. Try L'Oréal Paris Elvive Total Repair 5 Protein Recharge Treatment ($7; lorealparisusa.com).

APPLY FOUNDATION QUICKER

Dust a powder foundation, like IT Cosmetics Celebration Foundation (right, $35; ulta.com), all over your skin. Then spritz a setting spray, such as Cover FX Illuminating Setting Spray ($31; sephora.com), on top. It gives the powder a creamier finish, similar to that of a liquid foundation—without the time-consuming application—and helps it last longer.

SMEARS, FROM LEFT: BRIAN HENN, GREG MARINO; PRODUCT IMAGES COURTESY OF MANUFACTURERS

GET GLAM AT NIGHT

SIMPLIFY YOUR MAKEUP

When taking your makeup from day to night, just reach for a bright lip color to punch up your look. You don't have to reapply blush; the cheek color left from the morning is all you need. Extra blush, if coupled with a vibrant lip, can make your complexion look too red.

SPRUCE UP NAILS IN SECONDS

If you don't have time for a manicure, clean and brighten nails by buffing them with a toothbrush and a dab of whitening toothpaste. Finish with a swipe of hydrating cuticle oil for a pretty and healthy-looking sheen.

MAKE FRAGRANCE LAST

To up the staying power of your perfume, first apply an unscented lotion, like Curél Fragrance Free Body Lotion ($7; target.com), all over your body. Your pores will absorb the lotion, causing the fragrance to break down more slowly and stick around longer so you smell amazing all night.

LOOK FRESH IN PICS

A night out inevitably involves photos, so don't wear foundation containing zinc oxide or titanium dioxide, found in sunscreen. These can reflect light into the camera, leaving skin with a gray or white cast in flash photos. If you only have a formula with sunscreen, dust on extra bronzer.

TRAVEL LIKE A PRO

PACK SMARTER

Store liquid or cream makeup and skin-care products in clean contact lens cases. They hold the perfect amount for short trips or keeping in your purse for midday touch-ups.

AVOID PLANE HAIR

Before boarding, spray a leave-in conditioner, like It's A 10 Miracle Leave-In Plus Keratin ($21; ulta.com), from midshaft to ends. Then, if you have longer hair, pull it into a low, loose bun. A little conditioner is all it takes to help keep any style smooth and detangled.

LIGHTEN YOUR LOAD

Swap powder blush and eye shadow for a multipurpose color stick, like Bite Beauty Multistick ($24; sephora.com). You won't need to pack any brushes. Plus, this single product can add color to your cheeks, lids, and lips.

Find out how to prevent breakouts when traveling at realsimple.com/travel.

OUR EXPERTS

JEFFREY ENGLISH, SEPHORA PRO ARTIST **MONA GOHARA, MD,** ASSOCIATE CLINICAL PROFESSOR OF DERMATOLOGY AT YALE SCHOOL OF MEDICINE **NIKKI HALL,** BENEFIT COSMETICS NATIONAL BROW ARTIST **KATIE JANE HUGHES,** MAKEUP ARTIST **JO LEVY,** MAKEUP ARTIST AND BEAUTY EDUCATOR **JOSEPH MAINE,** COLOR WOW ARTISTIC DIRECTOR AND CELEBRITY HAIRSTYLIST **JOHN MOUZAKIS,** STYLIST AT MIXED CO. SALON IN CHICAGO **NEIL SCIBELLI,** BEAUTY EXPERT AND MAKEUP ARTIST **ERIKA SHUMATE,** COFOUNDER OF PINROSE **ANDREW SOTOMAYOR,** CELEBRITY MAKEUP ARTIST **MARK TOWNSEND,** DOVE CELEBRITY STYLIST **JOSHUA ZEICHNER, MD,** DIRECTOR OF COSMETIC AND CLINICAL RESEARCH IN DERMATOLOGY AT MOUNT SINAI HOSPITAL IN NEW YORK CITY

Katie (left) and Lisa transfer dry ingredients for smarter storage.

A Kitchen That Does It All

WHAT DO YOU GET WHEN A DESIGNER TEAMS UP WITH AN ORGANIZER TO REDO A KITCHEN? A SPACE AS BEAUTIFUL AS IT IS ULTRAFUNCTIONAL.

By Stephanie Sisco

Photographs by Anna-Alexia Basile

Katie Raffetto's 108-year-old Mill Valley, California, kitchen posed some common design and organizational challenges: a tight pantry, open shelving, high traffic. Luckily, Katie has the *un*common advantage of both being a designer (she's the owner and principal designer of Katie Raffetto Interior Design) and having a pro organizer on speed dial: frequent collaborator Lisa Ruff, owner of Neat Method San Francisco. The two joined forces to put the finishing touches on Katie's cook-space update and offered *Real Simple* a tour to show solutions anyone can implement. Take a look at their result: a stylish room you can actually cook (and eat) in. What a concept.

EVERYDAY ACCESS

What you put on open shelving needs to be pretty, but it also needs to be practical. Since Katie's kitchen has a small pantry, the duo brought shelf-stable items out into the open alongside everyday dishware. "Group items according to how you use them," says Lisa. Situate grains and pasta near the stove and baking essentials by the counter with the most prep space. Reserve higher shelves for decorative items and seasonal serving pieces.

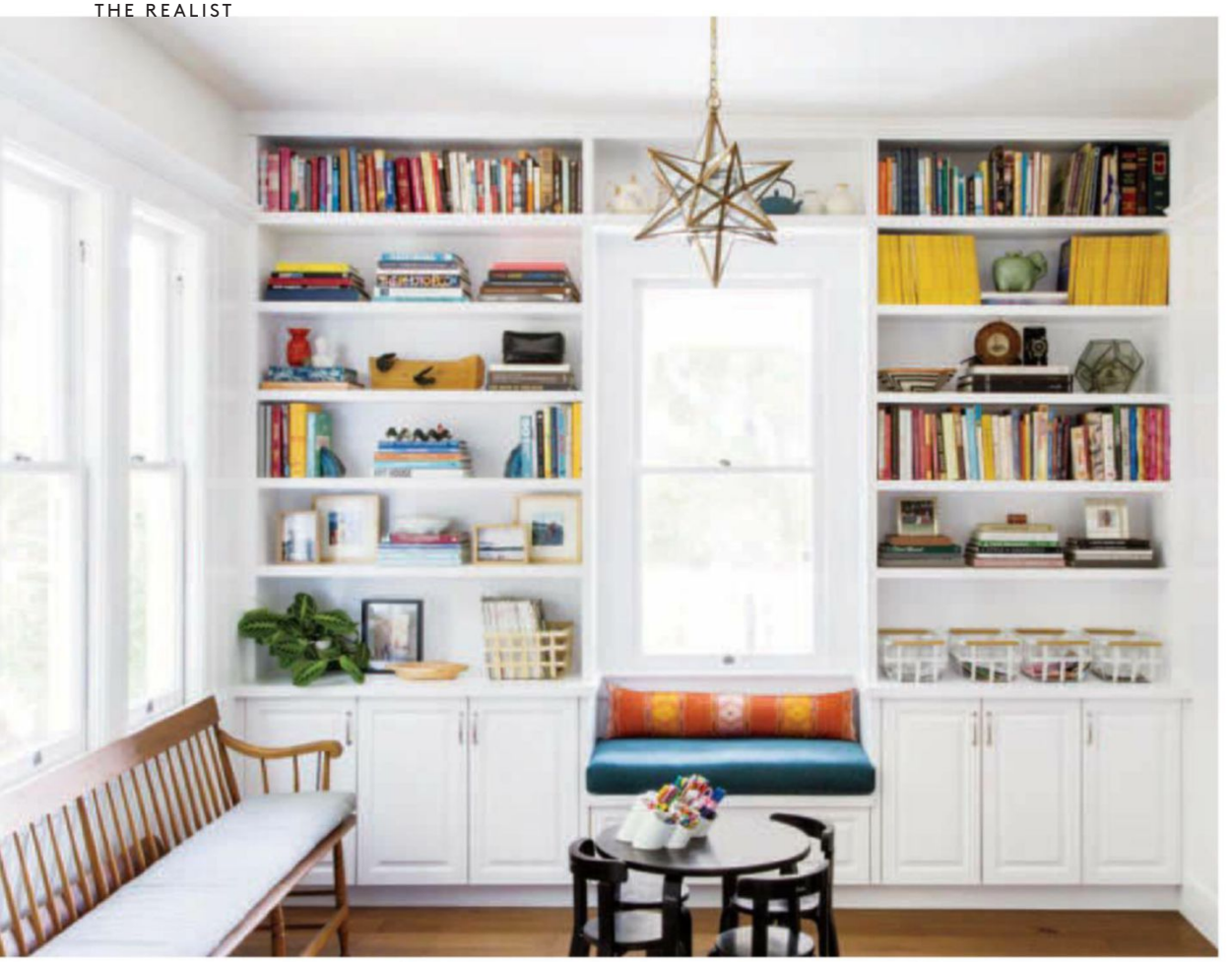
UNIFORM LOOK

Lisa's go-to strategy for spices: Store them in a drawer to keep them all visible at a glance and prevent them from getting lost in the back of a cabinet or pantry. Decant spices into uniform, labeled containers. Place those you reach for most often toward the front of the drawer.

TO BUY: Custom modern pantry labels (round), $12 for 22; ethnic pantry.etsy.com.

STATION SETUP

"The kitchen is a zone with lots of activity," says Lisa, "so create a coffee station that's separate from the rest of the space to avoid a traffic jam." Here, the setup lives opposite the sink.



FAMILY ANNEX

Katie's kitchen barstools back up into a practical, family-focused entry area with bookshelves that offer additional storage and character. The shelf nearest the front entrance (bottom right) acts as a drop zone, with one basket for each family member's belongings. And a pint-size table gives the kids a play space that is visible from the kitchen.

KID CENTRAL

Below the shelves, closed cabinets house art supplies to keep Katie's children entertained when she and her husband are busy in the kitchen. Magazine file boxes contain coloring books and notepads for doodling.

TO BUY: Knuff magazine file, $10 for 2; ikea.com/us.

PERSONAL TOUCH

The neutral walls allowed Katie to be a bit playful with how she decorated the shelves. Among groupings of cookbooks, design books, and her husband's *National Geographic* collection, she incorporated family photos, found items from their travels, and kids' artwork.

Discover even more pro tips on maximizing kitchen storage at **realsimple.com/secrets.**

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Food for Thought

What healthy dinner does your family love most?

GETTY IMAGES

COMFORT WITH A TWIST

My family's favorite meal is pea-and-carrot soup with fresh herb dumplings. It's a simple veggie soup with a potpie-like comfort factor but no chicken. All herbs are fair game for the dumplings, but we especially love dill.

JESSIE BUSMANN, BUHL, IDAHO

GREEN DREAM

My kids (ages 9, 7, and 3) are crazy for pesto, which they call "the green sauce." They'll eat anything that's served with it! A weeknight favorite is a big mix of sautéed seasonal vegetables, served with a side of quinoa or whole-grain pasta and sometimes steamed or roasted chicken—all dolloped with fresh or store-bought pesto. The veggies take center stage.

KIRSTEN LARSEN, PASS CHRISTIAN, MISSISSIPPI

SUSHI NIGHT

For our famous "sushi" bowls, we set out a bowl of cooked sushi rice and a platter of avocado, cucumber, scallions, steamed sweet potato, roasted seaweed, and whatever fish was on special that day (like smoked salmon or shrimp sautéed with ginger and garlic). We all top our own rice, adding soy sauce and chili flakes as we prefer. It's low-stress and low-cook and makes everyone happy.

BRIANNE DEROSA, CRANSTON, RHODE ISLAND

SAIL AWAY

Lettuce wraps with chicken, mushrooms, water chestnuts, and homemade peanut sauce. My 4-year-old calls them "lettuce boats," and he and his 1-year-old brother can pack away several.

SAHRA GOMAR, HARRISBURG, SOUTH DAKOTA

BETTER-FOR-YOU BURGERS

Turkey burgers satisfy our craving for a juicy burger but are lower in calories and fat. The key to making them moist is adding grated onion to the meat patty mix. We serve them on whole-grain buns with a fresh Greek yogurt and herb sauce and a side of roasted broccoli or asparagus.

SUE DE LA BRUERE, ELBURN, ILLINOIS

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Now What?!?

SMART FIXES FOR LIFE'S LITTLE DISASTERS

By Blake Bakkila

There's a cockroach on the ceiling!

L.S., VIA EMAIL

THE FIX: First, sweep the bug off the ceiling with a broom. Once it's on the floor, use a shoe to kill it, then dispose of the remains in the garbage, says entomologist Matt Frye, PhD, of Cornell University's Integrated Pest Management Program. "Flushing the remains down the toilet may make you feel better but is a huge waste of water." It's a myth that the smell of a dead cockroach will attract more roaches, but it is true that seeing one often means there are others lurking, says Frye. Set up sticky traps along the wall under the sink, alongside or behind the refrigerator, and in the bathroom. Trapping a roach and identifying the species will help you figure out how to remedy the problem: American cockroaches favor damp areas and could be a sign of openings in the wall that need to be sealed; German cockroaches may signal food spillage. If the issue persists, call a pest professional.

My favorite scissors have become dull.

O.F., VIA EMAIL

THE FIX: Fold a piece of aluminum foil in half, says Jessi Wohlwend, creator of the lifestyle blog Practically Functional. Cut through the folded foil 10 to 20 times, which will remove barbs and rough edges on the blades. Big gouges or nicks in the scissors? Do the same thing but with sandpaper instead of aluminum foil. "The finer the grit, the smoother your blades will be," says Wohlwend. Then clean the scissors with a damp paper towel or dishcloth.

A bird pooped on my jacket.

C.V., VIA EMAIL

THE FIX: Let the stain dry to avoid smears, then scrape off as much as you can with a plastic knife, says Carrie Barron, an education manager for the National Audubon Society. Run cold water over the stain to remove any remnants. Mix a few drops of liquid detergent with a cup of cold water; use a clean cloth to rub the mixture onto the stain, then rinse with cold water. Repeat until the stain is gone. Bob Mulvihill, an ornithologist at the National Aviary, says some droppings may have a reddish hue because birds often consume berries and other pigmented foods. Treat this type of stain as you would a berry or juice stain: Make a solution of equal parts ammonia and water and apply with a damp towel before laundering. Leave delicate, dry clean–only fabrics to the pros.

PAVEL GRAMATIKOV/OFFSET. SPECIAL THANKS TO ANGELA TUCKER, MANAGER OF TECHNICAL SERVICES WITH TERMINIX, AND LOUIS SORKIN, AN ENTOMOLOGIST AT THE AMERICAN MUSEUM OF NATURAL HISTORY

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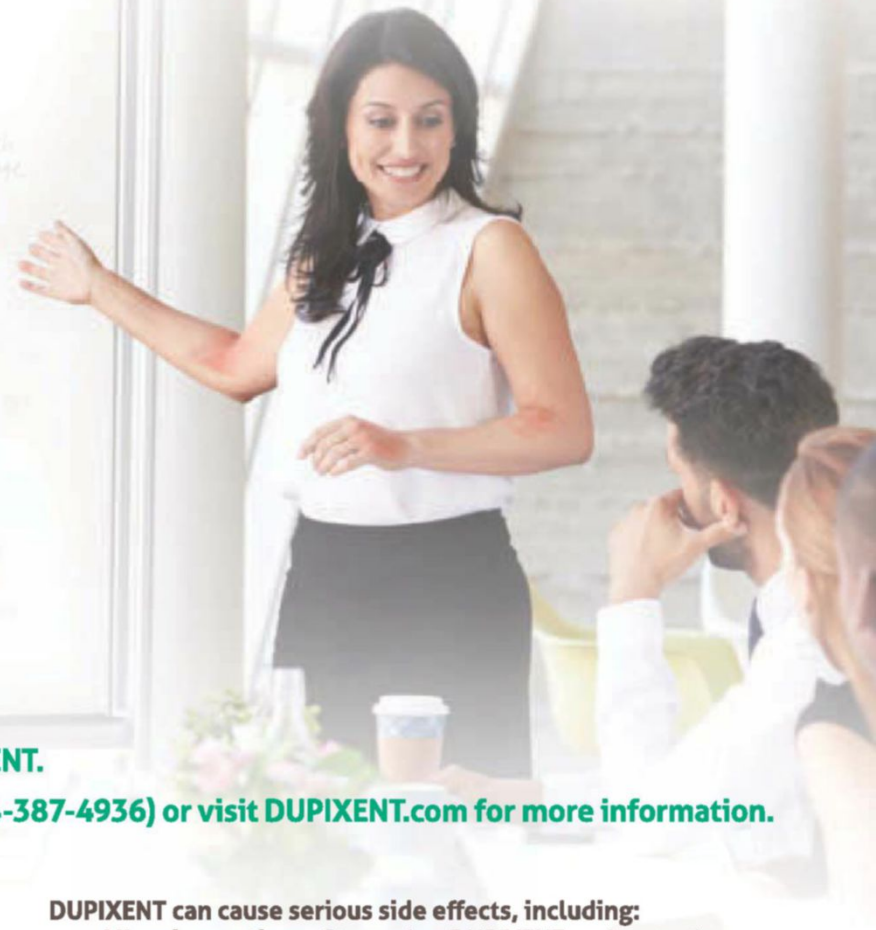

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- More than 1 in 3 patients saw clear or almost clear skin
- Almost half of patients saw significant skin improvement
- Patients experienced a significant reduction in itch
- Most Common Side Effects were injection site reactions, eye and eyelid inflammation, including redness, swelling and itching and cold sores in your mouth or on your lips.

So stay ahead of your eczema symptoms with DUPIXENT.

Talk to your doctor and call 1-844-DUPIXENT (1-844-387-4936) or visit DUPIXENT.com for more information.

INDICATION

DUPIXENT is a prescription medicine used to treat adult patients with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- have asthma
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions.** Stop using DUPIXENT and go to the nearest hospital emergency room if you get any of the following symptoms: fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects include injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider.

Please see accompanying Brief Summary on next page.

SANOFI GENZYME REGENERON

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Summary of Information about DUPIXENT® (dupilumab) (DU-pix'-ent) Injection, for Subcutaneous Use

Rx Only

What is DUPIXENT?

- DUPIXENT is a prescription medicine used to treat adults with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies.
- DUPIXENT can be used with or without topical corticosteroids.
- It is not known if DUPIXENT is safe and effective in children.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- have asthma
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other topical medicines to use with DUPIXENT. Use other prescribed topical medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions.** Stop using DUPIXENT and go to the nearest hospital emergency room if you get any of the following symptoms: fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, or cold sores in your mouth or on your lips

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a summary of the most important information about DUPIXENT. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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Personal Shopper

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June Ambrose

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Check out more pieces to help you make the seasonal switch at realsimple.com/transition.

AMBROSE: JOEY ROSADO; H&M JACKET: PHOTOGRAPH BY KEVIN SWEENEY, STYLING BY SABRINA GRANDE; OTHER PRODUCT IMAGES COURTESY OF MANUFACTURERS

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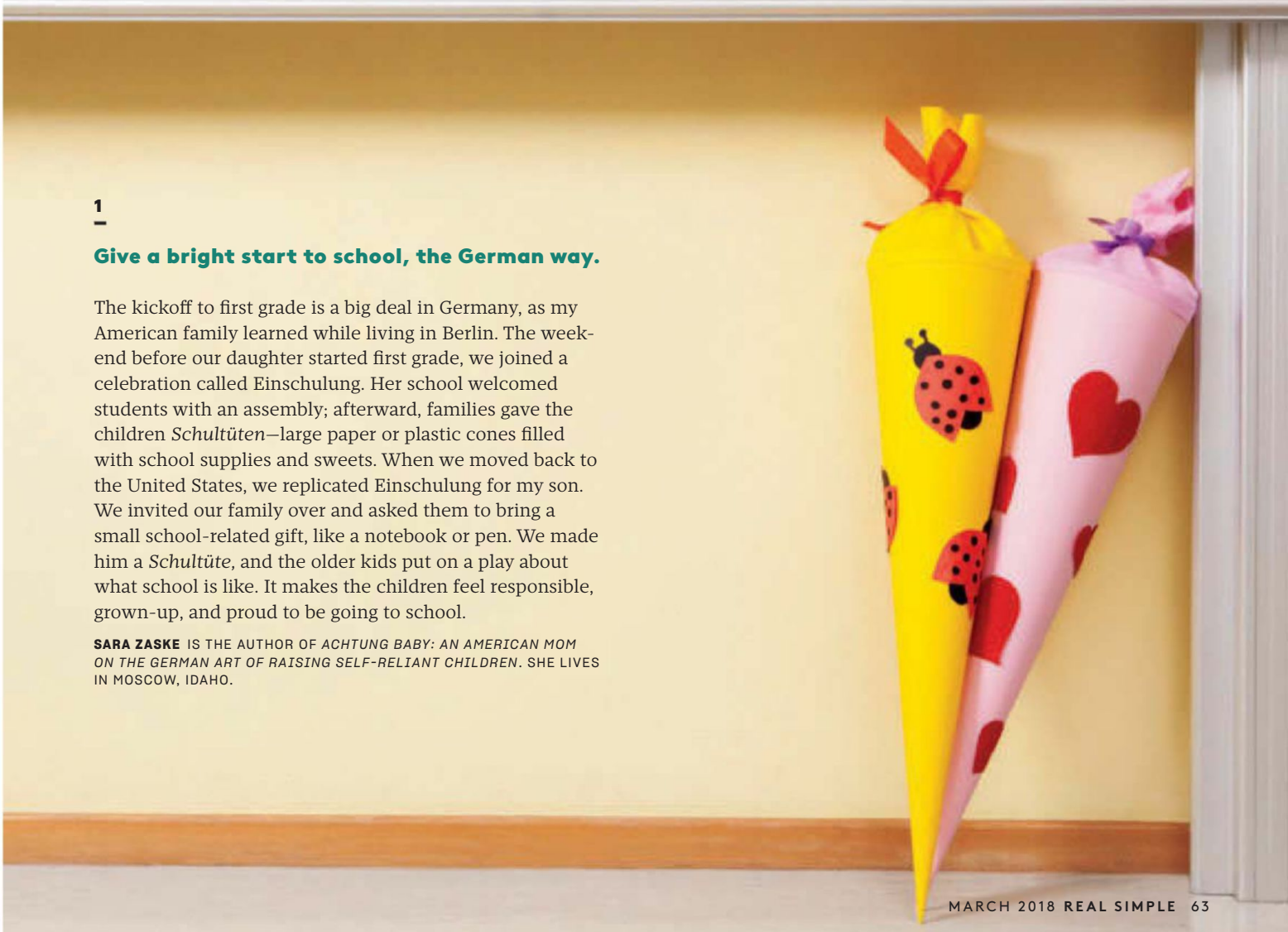
relating

5 FAMILY TRADITIONS FROM AROUND THE WORLD WORTH TRYING

By Betsy Rubiner



GETTY IMAGES

1

Give a bright start to school, the German way.

The kickoff to first grade is a big deal in Germany, as my American family learned while living in Berlin. The weekend before our daughter started first grade, we joined a celebration called Einschulung. Her school welcomed students with an assembly; afterward, families gave the children *Schultüten*—large paper or plastic cones filled with school supplies and sweets. When we moved back to the United States, we replicated Einschulung for my son. We invited our family over and asked them to bring a small school-related gift, like a notebook or pen. We made him a *Schultüte,* and the older kids put on a play about what school is like. It makes the children feel responsible, grown-up, and proud to be going to school.

SARA ZASKE IS THE AUTHOR OF *ACHTUNG BABY: AN AMERICAN MOM ON THE GERMAN ART OF RAISING SELF-RELIANT CHILDREN*. SHE LIVES IN MOSCOW, IDAHO.

2

Honor ancestors, the Japanese way.

Traditional Japanese homes have a small family altar, or butsudan, as a sign of respect for elders who have passed away. When I go back to my family's home in Japan, I still feel a spiritual connection to my ancestors as I make offerings at the butsudan—a bowl of rice, flowers for my grandmother, a can of beer for my grandfather. It feels truly healing. To set up a memorial, pick a quiet spot, put out photos, flowers, and other offerings, and tell kids about their ancestors. If we don't mark our history, we may lose an important part of who we are.

CANDICE KUMAI IS A CHEF AND THE AUTHOR OF *KINTSUGI WELLNESS: THE JAPANESE ART OF NOURISHING MIND, BODY, AND SPIRIT*. SHE LIVES IN BROOKLYN, NEW YORK.

Go to **realsimple .com/familytree** for ways to find out more about your cultural heritage.

3

Share your culture through stories, the Trinidadian way.

In Trinidad and Tobago, where I grew up, storytelling happens anytime, anywhere—not just at bedtime. We might be driving to the beach or walking to my grandmother's house. People often tell folk stories about mythical creatures called jumbies to help explain things people don't understand, such as a sudden illness. Regardless of where you come from, there is a benefit to telling traditional stories. At some point, I realized my kids, who were growing up in the U.S., had no idea what our folklore was, so I started telling them jumby stories. Telling these stories helps the children preserve their culture.

TRACEY BAPTISTE IS THE AUTHOR OF *JUMBIES*, PART OF A FANTASY SERIES FOR MIDDLE SCHOOLERS. BORN IN TRINIDAD AND TOBAGO, SHE NOW LIVES IN NORTHERN NEW JERSEY.

4

Appreciate all animals, the Indian way.

To show gratitude to animals, families in southern India feed cows and birds during the annual Hindu harvest festival of Thai Pongal. Children learn that all species are interconnected and interdependent. I've followed this tradition in both India and the United States with my daughters. In Bangalore, I used to take my young daughters to a nearby shed to feed the cows. We also fed birds by placing fruits and grains on banana leaves and putting them out on our terrace—something we also did surreptitiously at our New York City apartment. Pick a day for an annual visit to a petting zoo, butterfly garden, family-friendly farm, or horse stable where you can feed the animals or help care for them. It's a way to teach children about having compassion for all beings.

SHOBA NARAYAN IS THE AUTHOR OF *THE MILK LADY OF BANGALORE: AN UNEXPECTED ADVENTURE*. SHE LIVES IN BANGALORE, INDIA.

5

Exchange personal poetry, the Dutch way.

In the Netherlands, families exchange not only gifts but also poems during Sinterklaas, the Dutch winter holiday season. Older children and adults each draw a name and write a poem about the recipient. The poem usually has puns and is funny—the more mischievous and personal, the better. On "gift night," people sit in a circle with hot drinks, and everyone reads the poem they receive out loud. I've learned that the real gift is the love that goes into the poem. You're taking time to compose something special, letting someone know what they mean to you.

RINA MAE ACOSTA IS A WRITER, PHOTOGRAPHER, AND COAUTHOR OF *THE HAPPIEST KIDS IN THE WORLD: BRINGING UP CHILDREN THE DUTCH WAY*. SHE LIVES IN DOORN, THE NETHERLANDS.

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Good Read

What's in a Name?

GOT A HARD-TO-PRONOUNCE MONIKER? COME SIT WITH CAITLIN MACY, WHO SPENT YEARS LEARNING TO LOVE HERS.

YOU ARE PROBABLY under the impression that you are reading an essay by Caitlin Macy. You're only half right. My name is not pronounced the way it is spelled. Macy is pronounced Macy—like the store—but my first name is not pronounced KATE-lin, as you would expect, but KAISH-lin, as if the "t" were a "sh."

I was born in 1970. (Often that fact seems like explanation enough for a quirky name.) My mother, Claire—whose own mother had to juggle four children and the relentless housework demands of the 1940s—wanted her children to feel

Photographs by Sidney Bensimon

When I had children, I decided I would be attentive like my mother, but one thing I wouldn't do was choose a difficult name for my children—goodness, no.

special. She had named my older sister Jeremy. That's right: my older sister. Of the many ironies that accompanied her decision to call me KAISH-lin, for me one of the most enduring is that the name Caitlin pronounced the normal way was unusual at the time. During my childhood, you could not find "Caitlin" on a mug or a key chain or a pencil set. Of course, by the '90s, the name was everywhere, in various forms: Caitlin, Kaitlyn, Katelyn. But even in 1970, KATE-lin didn't satisfy my mother's yen for an unusual name.

The story my mother tells is that she was reading Dylan Thomas while she was pregnant. Thomas's wife was named Caitlin. When my mother decided to use the name, her cousin's wife, who is Irish-from-Ireland (not simply of Irish descent, like my mother) told her that in Irish (or Gaelic, as many call the language in the States), the name would be pronounced KAISH-lin. My mother thought the pronunciation was beautiful, and the rest is history—or it *was* history, anyway, for as long as the blissful innocence of childhood lasted.

As a kid, I loved my name. A younger sister by one year, I seem to have arrived on earth craving attention. Exactly as my mother had hoped, I loved knowing my name was unique. I loved the extra attention I got when I explained how my name was pronounced. I enjoyed the questions that would ensue, supplying smartly, "It's the Gaelic pronunciation."

I DON'T REMEMBER when I began to have an inkling that KAISH-lin was not, in fact, the Gaelic pronunciation of Caitlin. Perhaps there'd simply been a few too many indications that my mother, while incredibly attentive and caring and kind, could be a teensy bit vague about details. There was the time in third grade, for instance, when I came home, outraged, from a geography lesson: "You told me Philadelphia was the capital of Pennsylvania!" "Oh well, maybe it was the City of Brotherly Love?" Mom suggested pleasantly. Or perhaps I'd met another Irish-from-Ireland person who scratched his head when I trumpeted my Gaelic cred.

But I do remember the moment the inkling became hard knowledge. I was in college, studying classics at Yale and feeling insecure about my major and a host of other things. The classics professors were prodigious linguists—most of them read not only Greek and Latin but Hebrew and Sanskrit as well. These were not the days of handling university students like fine china. My adviser said simply to me one day: "You know, your name isn't right." He then went into an explanation of the rules of Old Irish, which nowhere allowed for the "t" to be pronounced "sh." Weakly, I defended my name. After class I fled to the library stacks, where I ferreted out an Irish dictionary. My heart pounded as I flipped the pages with the unfamiliar letters back and forth. My adviser was right. I was a fraud—regarding both my name and the linguistic claims I'd been making.

MY MOTHER HADN'T seen much of her cousin Herb, but while I was in college, she got in better touch with him, and during one school vacation, we visited the family in Bethany Beach, Delaware. I was strolling along the boardwalk with Mary, Herb's Irish wife, who had supposedly told my mother how to pronounce my name. Unprompted, she offered cheerfully, "Now, in Ireland, it would be pronounced Kotch-LEEN." "Is that right?" I deadpanned. Later, when I confronted my mother, she said, "Well, I didn't think people would be able to pronounce Kotch-LEEN."

"And they *would* have been able to pronounce KAISH-lin?" I gasped with maximum adolescent indignation.

In rare moments I did see the humor. When a new housemate took a phone message for me and wrote, "Cash Land, please call Nicole back," my friend Anna thought it was hysterical—especially given how poor we were in college—and the nickname stuck. There were a few other benefits. I had met Anna at our freshman dorm orientation because she called out to me, "KAISH-lin?" A mutual friend had told her how to pronounce it. With a name like mine, I always knew who knew me—I still do today.

Any grievance is magnified when you feel that your suffering is unique. College—where my name trauma peaked—was also where I began to understand that I was not alone. Far, far from it. There were the Andreas who were An-DRY-uhs, the foreign students like my friend Yesim from Turkey (pronounced YAY-shim). Even straightforward names could pose a trial: My friend Anna all of a sudden started to be called AHN-uh, as if her name had reinvented itself for its university years without her consent. And college of course was only the beginning. Today, to give but one example of the hundreds I have encountered, there's my friend Ngan, who has to listen to the daily desecration of her name because

it's difficult for Western tongues to make the Vietnamese "ng" sound. Many of us go by a fake name to function in society without difficulties and undue explanations.

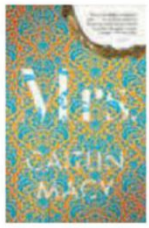
AFTER COLLEGE, I shared an apartment with a friend from seventh grade who was in the same MFA program. When she called me Caish, my old nickname, it was like the pipes calling from glen to glen of my childhood in small-town Massachusetts—pancakes and puffy down vests and hiking the Presidentials in New Hampshire. Hearing "Caish" on my longtime friend's lips seemed to wash away the intervening years of uncertainty, explanations, and apologies and restore me to some happy, preadolescent state.

Most fundamentally, a name is what your mother calls you. My mother called me KAISH-lin. In my generation of parents, everyone's kid has an unusual name. My mother was in the vanguard of many things: In the 1970s she was already preaching nutrition and making baba ghanoush, campaigning for car-seat laws to be passed, and regularly going to the principal's office to make sure school was sufficiently challenging for me and Jem (the nickname my sister adopted to get around "Jeremy").

When you have children, you have the notion that you can take the good parts of your childhood and combine them with the wisdom you've gained in adulthood for a best-of-both-worlds outcome. I would be attentive like my mother, but one thing I wouldn't do was choose a difficult name for my children—goodness, no. When my daughter was born, I had a nice, traditional name in mind: Violet, after my mother's grandmother. Here was a lovely name that people could pronounce and that would never give her trouble. The day we brought our baby home from the hospital, a neighbor stopped us. "She's not going to be a shrinking violet, is she?" he quipped. I stared. Until that moment, it never occurred to me how a name gets away from a parent once it is in the world.

Like my mother, I now have two daughters. Just the other day, my younger one, named after my great-great-grandmother Amelia, was flipping through her school's address book. Noting the number of Amelias, she said wistfully, "I wish I had a more unusual name."

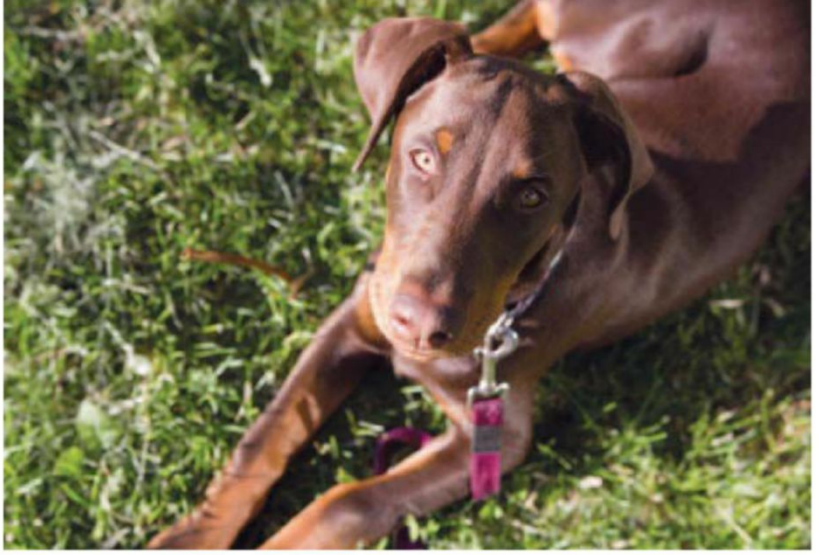
I froze as half a dozen speeches sprang to my lips. After a minute, I said, "Yeah, I can see that."



AUTHOR PHOTOGRAPH COURTESY OF KATHARINA WENDT

ABOUT THE AUTHOR

Caitlin Macy is the author of *The Fundamentals of Play*, *Spoiled: Stories*, and, most recently, *Mrs.* She lives in New York City with her husband and two daughters.



The Vets Will See You Now

ANSWERS TO YOUR HAIRIEST PET QUESTIONS

By Sarah Grossbart

STING OPERATION

How should I treat a bee sting on my dog?

First off, if you can see a stinger, remove it by dragging a credit card along the skin until it pops out, says veterinarian Kurt Venator. Using tweezers can release more venom into the wound. To relieve itch and ache, give your dog oral Benadryl (generally, the dosage should be one milligram per pound of body weight twice a day, but double-check with your vet). Or cover the sting with a mix of three parts baking soda to one part water, then apply an ice pack for 10 minutes. Apply the pack throughout the day as needed. Monitor your pup to make sure he doesn't lick the paste ("It can irritate the area more," notes veterinarian Gayle O'Konski) or show signs of an anaphylactic reaction. If you notice hives or excessive swelling, or if he's having difficulty breathing, take your pup to the emergency vet clinic, where he can receive a strong steroid injection.

HUNGER STRIKE

My cat doesn't eat or drink when I'm away on vacation. Is there a way to encourage her to do so while I'm gone?

"Animals are not stress eaters like humans," notes veterinary behaviorist Lisa Radosta. Instead, when they're in uncomfortable situations, they usually *stop* eating. If you board your kitty, you can prevent stress by packing her favorite toy, treats, and bed, says O'Konski. But, she notes, your cat will be most relaxed at home. Prepare by having her sitter drop by for a few hour-long visits the week before your trip. To soothe anxiety, install a calming pheromone diffuser (Feliway diffuser, $40; petco.com). In extreme circumstances, says O'Konski, vets can dispense anti-anxiety or appetite-boosting medications. Because if your cat is still not eating after two days, the fasting could cause her to metabolize fat in her liver, leading to liver failure.

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GROWING PAINS

My dog walks very slowly after hard exercise, and I worry that she isn't simply tired but might have some type of joint pain. How can I tell the difference, and what can I do for her?

To determine if she's more than just exhausted, pay attention to her gait, advises veterinarian Mary Gardner. If you observe limping or see her head bobbing as she moves—a sign she's favoring one front leg over the other—take her straight to the vet. With a "simple, noninvasive exam," says O'Konski, your vet can find out if there's joint pain. (A vet can also rule out heart or respiratory issues that could be causing the slowdown.) O'Konski recommends that all dogs ages 7 and older get checked for joint pain twice annually, even if they aren't showing symptoms; early diagnosis of joint problems can prevent deterioration. For suffering pups, a blend of glucosamine and chondroitin supplements (Dasuquin Chewable Tablets, $69 for 84; drfostersmith.com) can be a big help, says O'Konski: "Clients tell me it's like their dogs became five years younger."

OUR EXPERTS

MARY GARDNER, DVM, LAP OF LOVE VETERINARY HOSPICE, LOS ANGELES
GAYLE O'KONSKI, DVM, MORRIS ANIMAL HOSPITAL, GRANGER, INDIANA
LISA RADOSTA, DVM, FLORIDA VETERINARY BEHAVIOR SERVICE, WEST PALM BEACH, FLORIDA
KURT VENATOR, DVM, PHD, CHIEF VETERINARY OFFICER FOR NESTLÉ PURINA

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Modern Manners

***REAL SIMPLE*'S ETIQUETTE EXPERT, CATHERINE NEWMAN, OFFERS HER BEST ADVICE ON YOUR SOCIAL QUANDARIES.**

A.B. ASKS...

I am a waitress at a restaurant that recently began having customers pay at the table with a handheld credit card reader. It is incredibly uncomfortable for both the patrons and me when they have to manually input the gratuity right in front of me! Any advice on how I can tactfully handle this situation?

Tableside credit card payment is a good thing: It's more efficient (fewer back-and-forth trips for you, less waiting for customers), and it offers greater security to your patrons, since their credit cards are never out of sight. Once we all get used to it, I'm sure the discomfort will dissipate. In the meantime, though, you can busy yourself while the tip is being added: Relight a candle, wipe crumbs off the table, or gather up dessert plates. Fingers crossed your tables tip extravagantly, whether or not you're watching over everybody's shoulder!

ABOUT CATHERINE

The author of *One Mixed-Up Night, Catastrophic Happiness,* and *Waiting for Birdy,* Catherine Newman has shared her wisdom on matters ranging from family and friends to happiness and pickling in numerous publications. She gets advice from her husband and two opinionated children in Amherst, Massachusetts.

G.M. ASKS...

I have a wonderful dining room table. I love the way it looks and cherish the memories of all the gatherings I've held around it. Generally, if someone breaks or spills something, I am blasé—but this table is precious. How do I ask people to put their cups on the place mats I've set out without sounding rude or fussy?

Have you heard of *wabi-sabi*? It's a Japanese philosophy and aesthetic that values imperfection and transience—the natural beauty of rust, stains, asymmetry, and cracks. In that light, consider the marks on your table like the scars on a beloved's body: Each one is a story, a reminder of a life well lived. If you worry your guests about the table, they will be anxious, and you will make fewer of those memories you so treasure. *Value relationships over objects—the people at your table more than the table itself.* Treat this like a mantra. A second, lesser option? Smile graciously, apologize for being neurotic, and pass around coasters.

CATHERINE NEWMAN ILLUSTRATION BY ULI KNÖRZER; OTHER ILLUSTRATIONS BY YOCO NAGAMIYA

C.M. ASKS...

I am working on my wedding guest list. My parents divorced recently, after my mom left my dad for a woman, and my dad is not taking this change well. My mom and her partner purchased a house together only four blocks from my dad's office, so the relationship has already been pushed in his face. His happiness (or unhappiness) at my wedding will greatly affect how the day goes for me. Is it acceptable to specifically state that my mom's partner is not invited?

No. You must invite your mother's partner. That would be true in any case, but the fact that she's a woman and we live in a homophobic culture makes it especially important to include her: You cannot exclude a same-sex significant other from an invitation. And "significant" is, well, significant here; your mother and her partner own a home together, so you can't really pretend it's just a fling. Talk directly with each of your parents, starting with your dad. Give him an opportunity to rise to the occasion: "I know the wedding is going to be hard for you, with Mom and her partner there. But I know you'll want to show up for me on my special day. Tell me what I can do to help!" After you and he brainstorm strategies, you can approach your mom and explain your concerns: "I'm worried about Dad. That's why I'm not seating you guys at my table." Or even, "I want my wedding to be a happy day, and I'd be grateful for whatever you can do to make it easier on him." Ideally, your father will feel seen and appreciated, your mother will feel respected and valued, and both your parents will remember what this day is about: celebrating your marriage, not dwelling on their own.

E.R. ASKS...

I have an invisible illness and am unable to work. When people ask what work I do, I'm not comfortable going into detail. I can usually brush over the question and change the subject. But sometimes people keep pushing for an answer. How can I respond in a way that protects my privacy but isn't rude?

Thank you for reminding me that we need to be more careful about what we take to be innocuous small talk. The "What do you do?" question is so fraught for so many people, with its assumptions about the centrality of work, about physical and mental health, about employability. I tend to think of curiosity as a positive human attribute, but it can so easily slide into prying. And what you choose to reveal to people is entirely up to you. If you want to be goofy, you could say, "I'm a spy!" and laugh. (And then take a picture of them with a tiny camera.) You could demur semitruthfully: "I'm between jobs right now." You could change the topic vaguely but forcefully: "That's actually not my favorite question. But you should tell me what you do!" Or you could choose to describe how else you fill your time: meaningful pursuits, hobbies, relationships, interests—in other words, all the things we have going on besides working for money. Remember that people who willfully ignore (or inadvertently miss) social cues may be less sensitive to rudeness than you imagine. Go ahead and redirect the conversation more pointedly.

HAVE AN ETIQUETTE QUESTION?

Submit your social conundrums to **modernmanners@realsimple.com.** Selected letters will be featured on these pages every month.

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Raising a Responsible Drinker

TEACHING YOUR KIDS HOW TO ENJOY ALCOHOL SAFELY SHOULD BEGIN LONG BEFORE THEY'RE INVITED TO THEIR FIRST FRAT PARTY. HERE'S HOW TO START THOSE POTENTIALLY LIFESAVING CONVERSATIONS.

By Sharlene Breakey

"I'M NOT REALLY LISTENING," says Zeke, grinning at me while I try to impart yet another surprising stat I've discovered about teens and alcohol. These days my 17-year-old has been hearing a lot on the topic of drinking as we tour college campuses and he strides more confidently away from us at each one.

The thing is, he's a great kid. Unless I'm deluding myself, I don't think he drinks now—at least not much. But who really knows? And his looming birthday (not to mention memories of my own boozy college years) has let loose lurking fears about his safety. Every college brochure that hits our mailbox hits me like a Mack truck. Where he sees bucolic pictures of the grassy quad, I see a world of bingeing and beer bongs.

Because no matter how thoughtful teenagers might be, they are still heading off to college with an underdeveloped brain and an overdeveloped desire to court danger. With frontal lobes that won't be fully grown until around age 30, they're simply less able to make smart decisions in the moment, says France Jensen, MD, chair of neurology at the University of Pennsylvania. It's no wonder *my* brain is in overdrive too.

Though most parents don't start addressing alcohol until their kids are teens, experts say we should be talking about it long before. From an early age, kids are paying attention—to everything.

Illustrations by Shout

Most important, they witness our behavior. But they're also bombarded by Super Bowl ads and "wine o'clock" memes on social media. "There's a belief that if we'd just relax about alcohol, people wouldn't drink so much, but that's not the case," says Aaron White, PhD, scientific adviser to the director of the National Institute on Alcohol Abuse and Alcoholism. Kids who start drinking by 13 or 14 are at the highest risk of developing an alcohol disorder as adults.

Experts say that if you begin to address the topic of alcohol *before* your kids get curious, you can have a much bigger impact than you might expect: A 2016 GfK Roper Youth Report shows that parents are by far the leading influence on a teen's decision to drink or not drink. "Parents should have dozens to hundreds of conversations about alcohol with their kids," says Deborah Gilboa, MD, author of *Get the Behavior You Want...Without Being the Parent You Hate*. "Forget the big sit-down. Small, repetitive talks can change landscapes." Here's what to say.

Little Kids

Toddlers and preschoolers are highly attuned to the grown-up world, making this the ideal age range for starting the conversation. "The first time an opportunity arises, jump on it—the same way you would if your child was about to grab a match," says Gilboa.

WHAT TO SAY: Keep it simple, advises Laura Markham, PhD, author of *Peaceful Parent, Happy Kids*. "Just say, 'Wine is for grown-ups. It's not for you.'"

BE A ROLE MODEL: Now is the time to consider your own alcohol use—and begin to moderate it if necessary. If you want to have a cocktail, though, don't wait until the kids go to bed to indulge. "That just makes it a taboo," says Markham. "Let them see alcohol as a normal part of life while being clear that there are rules: It's not OK to drink until you're 21."

TEACHABLE MOMENT: When Uncle Jack asks your daughter to get him a beer, overrule the order. "Calmly explain, 'Alcohol can be a dangerous thing, and I don't want it to be comfortable for you,'" says Gilboa.

Parents—not friends—are the leading influence on whether a teen drinks.

School-Age Kids

Kids in grade school are fascinated with their bodies, so weave alcohol into a broader conversation about health. "Let them know that alcohol is safe for adults in small doses but that there are times when it's not healthy, especially when our brains are developing," says White.

WHAT TO SAY: "On a bike you wear a helmet, and at your age you never drink alcohol"—this makes it all about safety. "Keep it an issue about toxins, not addiction," says Gilboa. "It's enough to say that alcohol will make your brain and liver not grow the way they're supposed to."

BE A ROLE MODEL: When you let your partner take the wheel after you've had a cocktail, point out that you never drink and drive. And when kids ask for a sip? Don't assume that the bad taste will be a deterrent, says Gilboa: "Kids who were given sips by adults they trust were four times as likely to binge-drink later."

TEACHABLE MOMENT: Help your kids find answers from reliable sources, says Gilboa. "If they ask, 'What does alcohol do to a kid's brain?' search together on sites like pediatrics.org and responsibility.org."

Tweens

Tweens smell hypocrisy a mile away; you have to be certain your behavior matches your words.

WHAT TO SAY: "A lot of people might not think you're ready for this conversation, but I know you are." Tell your tween that even if he hasn't been offered alcohol yet, you know he will be in the future, and you're here to help him be smart about it.

BE A ROLE MODEL: Next time you have a friend over for a cocktail, instead of saying, "I *need* a drink," ask, "Should we have a glass of wine?" Otherwise, kids will get the message that alcohol is your go-to stress reliever. "You don't want to model that it's a way to handle anxiety," says Markham. Ask for a hug before you head to the wet bar.

TEACHABLE MOMENT: If your kid asks why someone in the family doesn't drink and the reason is alcoholism, explain that because of genetics, your family is at a higher risk of developing a problem with alcohol. "Compare it to heart disease: In the same way people need to avoid junk food to stay healthy, your family needs to be more careful with alcohol," says Gilboa.

Teens

The message teens need to hear: Safety first. "Teens shape their behavior based on clear expectations from parents, so even if you don't get a gratifying response right away, that doesn't mean it wasn't a successful conversation," says Lisa Damour, PhD, author of *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood.*

WHAT TO SAY: "Never warn, 'Don't let me catch you drinking!'" says Damour. "That just makes it a cat-and-mouse game." Instead, say, "Don't focus on not getting caught; focus on not getting hurt." Also, make it clear you're there for them. Say, "If you find yourself scared or uncomfortable in a car your friend is driving, call us." Jensen suggests you rehearse scenarios together. "Ask, 'If you're at a party and someone says, "Try this Jell-O shot," what do you do?'" In the moment, an immature brain is no match for peer pressure; having a practiced response can make it a fairer fight. And when your teen leaves for college, "tell him your expectations haven't changed and the stakes are even higher now," says Ralph Blackman, CEO of the Foundation for Advancing Alcohol Responsibility.

BE A ROLE MODEL: When you have a drink at dinner, continue the talk about context. "Call out the healthy decisions you make around your own habits—like not drinking and driving, never bingeing, and drinking only with people you feel safe with," says Damour.

An immature brain is no match for peer pressure; having a practiced response can make it a fairer fight.

TEACHABLE MOMENT: While teens tend to reveal less about themselves than they used to, they *may* talk about others. If your daughter says, "Jane was at a party throwing up everywhere," that's your cue to say, "That's pretty scary. Why do you think she drank so much?" And if you have one too many one night, it can be a good lead-in to a discussion about how easy it is to do stupid things, especially when we're hyped up—then tie it to the first weeks of college. See if you can get your teen to make a pact to wait to drink. Sell it as a chance to watch other people make silly mistakes so he can figure out how not to make the same ones.

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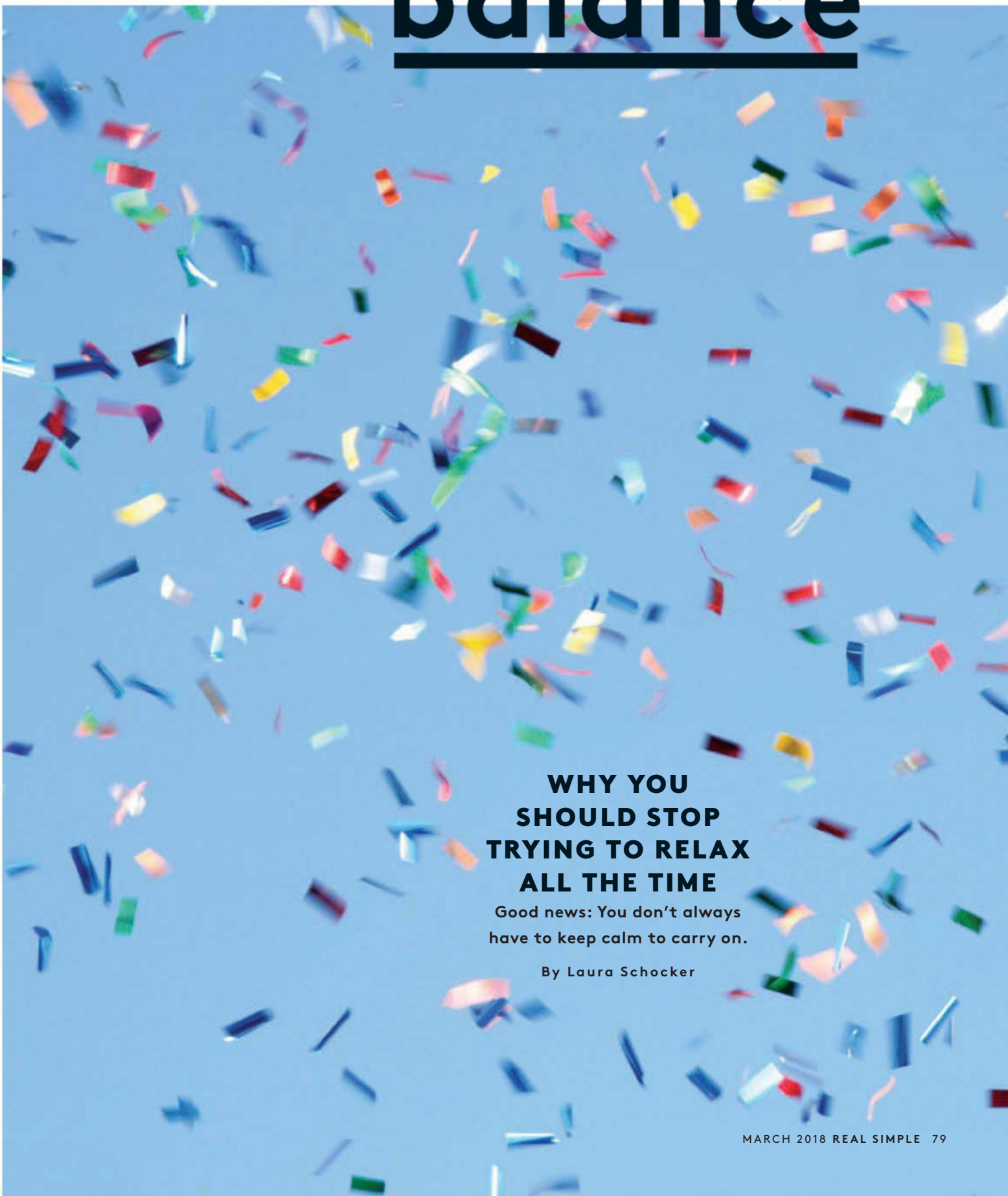

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WHY YOU SHOULD STOP TRYING TO RELAX ALL THE TIME

Good news: You don't always have to keep calm to carry on.

By Laura Schocker

MAYBE YOUR HEART begins pounding and your hands go clammy just before a major presentation. Or you're headed out for a weekend at your always critical in-laws' and your stomach starts churning as soon as you carry your suitcase out the door. The classic advice: Just relax! Take a deep breath, picture yourself on a beach, chill out. But while you might *like* to cool off, it's really freaking annoying to hear "Relax!" when your nerves are shot, your head is spinning, and you couldn't sleep the night before.

That's because, experts say, trying to force relaxation is like showing up to a black-tie event in athleisure: There's little you can do to switch into the right mode.

"The difficulty with telling yourself to relax when you're feeling anxious is that the bodily symptoms and mental symptoms of relaxation are the opposite of those of stress and anxiety," says Ian Robertson, PhD, professor emeritus at the Trinity College Institute of Neuroscience in Dublin, Ireland, and author of *The Stress Test*.

When you're stressed, your breathing and heart rate speed up, your muscles tense, and your mouth feels like sandpaper. And when you're calm, your breathing and heart rate are slow, your muscles are relaxed, and your mouth feels just fine. No matter how much you may want to calm down, the mental journey from stressed to relaxed takes a lot more time than you probably have before the high-stakes event begins.

So, counterintuitively, relaxing can be really hard work, on top of whatever stressful situation you're already facing down. With lots of practice—regular deep breathing, relaxation exercises, and the like—you might master it, but in the midst of a pre–public speaking mini breakdown? A few breaths probably won't cut it. It turns out that experts and research say there might be just as effective—or even better—ways to handle day-to-day stress and anxiety (not to be confused with a full-blown anxiety disorder, which goes far beyond temporary stress; the experts all agree that if anxiety is interfering with your life, work, or family, it's time to talk to your doctor). The key, as with any healthy habit, is figuring out which tricks work best for you.

1

Get yourself pumped.

Worry and relaxation are diametrically opposed emotions, but there's one positive feeling that's much closer to stress: excitement. After all, you can also get a racing heart or sweaty palms when you're excited. For a study published in the *Journal of Experimental Psychology*, researcher Alison Wood Brooks, PhD, told participants they would have to either perform a song, speak in public, or complete a difficult, timed math problem. In each experiment, the participants said some variation of "I am calm," "I am excited," or "I am nervous." The results consistently showed that those who stated aloud that they were excited about the challenge performed better across all three categories. "Those feelings of anxiety and excitement have a profound effect on subsequent performance," says Brooks, an assistant professor at Harvard Business School. "People who said they were excited were better at doing the math, more energetic, more competent, and more persuasive. They even sang better."

This technique is called emotional reappraisal, and it's all about relabeling one emotion as another. One way to practice it is to create calendar invites or leave yourself notes as reminders to get jazzed for an approaching event, suggests Brooks: *Start feeling fired up! Big speech on the 30th.* Or tell yourself a different story about the physical symptoms your body is exhibiting. Before a job interview, for instance, you might think, "My stomach has butterflies because I am so eager to ace this interview" or "My heart is racing because I'm excited for this meeting."

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2

Take some action.

If there's a looming to-do stressing you out, sometimes buckling down and, well, *doing* something about it is a whole lot more productive than any number of calming techniques could ever be. "Ask yourself, 'Is there a problem here that I can solve? Would solving it lead me to less stress?'" suggests Simon Rego, PsyD, chief psychologist at Montefiore Medical Center/Albert Einstein College of Medicine in New York City. To get started, break the project down into small pieces. "Chunk it and reduce it until you say, '*That* I can do,'" he advises. Say you're so nervous about going to the dentist that you've been putting off making an appointment for two years. Every time you think about it, you get so anxious that you can't deal with it, so you distract yourself until you forget about it. In your list of life stressors, it's The Dentist (*dun dun dunnn...*), and it feels untouchable. Break it down until it feels doable: (1) Ask three friends for a dentist recommendation. (2) Check whether the first one takes your insurance. (3) If needed, check whether the second one takes your insurance. (4) Make an appointment. (5) Write it down on your calendar. See how it works? Can you text three friends today to ask if they have a dentist they like? That is a lot less intimidating than "deal with The Dentist." Write down each step and cross it off as you achieve it so you also have a sense of accomplishment along the way.

"If you actually play it out in detail in your mind, the worst-case scenario starts to unravel. Often you'll find you can cope with it a lot better than you originally thought."

3

Ask, "What's the worst-case scenario?"

Sometimes it's best to face anxious thoughts head-on. This is particularly helpful for social anxiety, says Rego. Therapists call it decatastrophizing. In layman's terms, that means asking yourself, "What's the worst thing that could happen?" Imagine you're nervous about going to a party. Why? What's the worst-case scenario? You won't have anyone to talk to. You'll feel awkward. Then what? Will people laugh at you? Will they *really?* Generally, the worst case is either highly unlikely or something you can deal with, notes Rego. "It's a bit like shining light on the closet in the night—you'll see it wasn't the bogeyman; it was the hanger that fell down," he says. "If you actually play it out in detail to the bitter end in your mind, the worst-case scenario starts to unravel. Often you'll find you can cope with it a lot better than you originally thought."

4

Find something to be grateful for.

One strategy that's easier than you might expect is recasting stress as gratitude, says Amit Sood, MD, professor of medicine at the Mayo Clinic in Rochester, Minnesota, and author of *The Mayo Clinic Guide to Stress-Free Living.* "Relaxation is passive and doesn't give much for our mind to hold on to," he says. But gratitude is active—and it's correlated with feelings of satisfaction and joy. "Gratitude gives you access to positive emotions, which relaxation may or may not," says Sood.

To try it, ask yourself, "What is right within what seems wrong?" Say you're nervous about your upcoming colonoscopy. What's good about it? You're fortunate to have access to a procedure that can keep you healthy. Or if you're feeling stressed about an overly booked social schedule, you might reflect on how thankful you are for your rich network of friends and remember the times they were there for you.

If possible, consider how your stressor might benefit others. If planning a friend's baby shower is making you anxious, try to think about how much your efforts will ease her transition into parenthood and how grateful you are to help. "As you get into the nurturing mode, you release less of the stress hormone adrenaline and more of the bonding hormone oxytocin," says Sood.

GETTY IMAGES

5

Get (a little) angry.

Anxiety is close not only to excitement on the scale of emotions but also to anger. (Think about that pounding heart or those sweaty hands.) Proceed with caution on this one: Too much anger can have toxic results, similar to too much unchecked stress, and approaching another person from a place of anger can be risky. But at the right place and time, you can channel your stress into productive anger, says Robertson, as long as you're able to regulate it without getting physically or verbally abusive. Say you're feeling anxious about a political or social injustice. Try turning the anxiety into righteous anger that will drive you to donate to a cause you care about or write to a politician.

6

Go to sleep.

A good night's sleep can make a lot of things better, including stress. Shut-eye is an underrated anxiety fix, says Mary Alvord, PhD, adjunct associate professor of psychiatry and behavioral sciences at George Washington University School of Medicine & Health Sciences in Washington, D.C., and author of *Conquer Negative Thinking for Teens*. When you're sleep-deprived, you get cranky, you can't think as clearly, and even small things can feel overwhelming. Research backs this up: A recent study published in the *Journal of Applied Psychology*, for instance, showed that employees were less likely to take out their work stress on their families when they got solid sleep (as well as plenty of exercise).

Of course, getting stressed and losing sleep can be a vicious circle: How do you fall asleep when you're anxious? The first step, says Alvord, is to, well, not worry about it—when is the last time you truly *never* fell asleep? Sleep will happen eventually, and freaking out about it will only make the problem worse. Try to stick to a regular bedtime schedule, even on the weekends. And avoid electronics for a good 30 minutes before bed—not just because of the now well-understood effects of blue light but also because consuming news can be too mentally stimulating right before sleep. If you still struggle to sleep, speak to your doctor.

7

Redefine relaxation.

What's "calming" for one person might not work for you. "These images of people relaxing on the beach—that's not relaxing for everybody," says Alvord. "Define relaxation for yourself." Maybe it's running outside, knitting, journaling, or binge-watching *The Marvelous Mrs. Maisel*. Figure out what feels right for you and know that it doesn't have to be an afternoon at the nail salon. (What if you don't feel like chatting with the nail tech? What color will actually go with multiple outfits? Isn't the polish going to chip in two days anyway? Forget it!)

When you find your personal happy place, make it a habit to revisit it regularly. That way relaxation is much less of a leap when you need it most.

Looking for more simple ways to reduce tension? Head to realsimple.com/stress for an easy checklist.

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NO MATTER YOUR AGE, IT'S WORTH ASSESSING YOUR RETIREMENT STRATEGY. ASK THESE QUESTIONS.

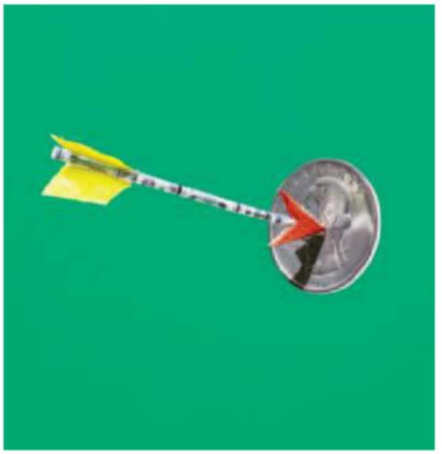
By Kate Rockwood

POP QUIZ: Are you on track for retirement? If your response is closer to head-scratching than head-nodding, we feel you. Research shows that most people (81 percent!) don't have a handle on how much they'll need to save for their later years. Yet there's a pervasive sense of not having enough socked away: Less than a sixth of workers feel financially prepared for a 20-year retirement, according to a 2017 Merill Lynch report.

But here's the thing about figuring out the dollars and cents of swapping your paycheck for unlimited free time: Ignorance isn't bliss. "The real danger in avoiding this topic is that you'll come up short with your savings and have to work longer or miss out on the retirement you want," says Andrea Coombes, a retirement specialist with NerdWallet. A retirement check-in can ensure you're on the right financial path—and give you peace of mind to boot. Turn the page to get started.

PROP STYLING BY MIAKO KATOH

Photographs by Corey Olsen



2

Am I maximizing free money?

Needing $500,000 for retirement isn't the same as needing to put half a million bucks in the bank. Even if you have zero dollars set aside at age 35, if you start saving $500 a month and earn 6 percent in interest or investment returns, compounded monthly, you'll have about $502,000 by age 65—with $322,000 coming from interest. Matching contributions from your employer could help you build your savings even faster. According to a 2017 Vanguard study, about 20 percent of people don't participate in their employer-offered 401(k) plan. "The ideal is to save 15 percent of pretax income for retirement, and employer matches count toward that target," says Amy Godwin, a certified financial planner and vice president at Fidelity Investments. "Saving enough to get the full match is an easy way to bump your percentage without shrinking your paycheck."

1

How much do I really need?

You may have heard that you should aim to save enough money to replace 80 percent of your income in retirement. "But that general rule of thumb has little to do with the individual," says Matt Fellowes, founder of the retirement-planning firm United Income. For a personalized target, run your numbers through an online calculator. (We're fans of the ones Bankrate, AARP, and the Financial Industry Regulatory Authority provide.) You'll be asked targeted questions for a clearer estimate, such as "How long do you expect to work?" "Do you think you'll get raises most years?" and "What will your lifestyle look like in retirement?" Notes Coombes, "The calculators vary in their assumptions—like how long you'll live or what market returns might be—so it's not a bad idea to compare two or three tools."

3

Am I on track?

If you stuffed your savings under a mattress, you could divide your goal amount by the number of years between you and retirement and call it a day. But we're talking about investing here, which means there's no linear line—and it's harder to gauge at a glance how your current savings stack up. (Will the $50,000 you have today let you fete your friends when you hit 65, or are you facing a shortfall?) Even one meeting with a fee-only financial planner can help you determine your status. One savings option is to break your goal amount into milestones, says Godwin. Aim to have two times your salary saved by the time you hit 35, three times by 40, four times by 45, and six times by 60. If you aren't meeting these mini goals, consider it a push to boost your savings if possible.

YOUR RETIREMENT ACCOUNT CHEAT SHEET

401(K): This employer-sponsored plan has a high contribution limit (in 2018, it's $18,500), so you can streamline your savings in one account. Contribute pretax income—which may lower your tax bill this year—then pay taxes on the funds when you withdraw them during retirement, says Cathy Derus, a certified public accountant and CEO of Brightwater Financial in Chicago.

ROTH 401(K): Some employers also give you access to a Roth 401(k), which you may use instead of or in combination with a traditional 401(k). This account requires you to pay taxes on the money as you put it in, but then you can make withdrawals tax-free during retirement. That may mean you'll get a bigger tax bill than if you opt for a traditional 401(k), but the trade-off could be more money in retirement. The combined contributions of your Roth and traditional 401(k) plans cannot exceed $18,500 (unless you're 50 or over).

INDIVIDUAL RETIREMENT ACCOUNT: Like a 401(k), an IRA lets you make tax-deductible investments, which can help lower your next tax bill. "Deductions are limited based on how much you make and whether you're contributing to an employer-sponsored plan," says Derus. You can put in $5,500 a year before age 50 and $6,500 a year if you're 50 or older. It's a good option for those who are maxing out employer plans or wish to consolidate old plans.

ROTH IRA: The Roth IRA is available to single filers earning less than $135,000 and joint filers earning less than $199,000. As with the Roth 401(k), you fork over tax on contributions and then make withdrawals tax-free during retirement. "A Roth IRA can make a lot of sense when you're in your 20s and 30s," says Coombes, because in the early years of your career you're likely in a lower tax bracket than you'll be in later. Avoid Roth plans if you expect your income to drop.

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5 Hobbies That Build Career Skills

Free time? Does that even exist anymore? When every second of your day is packed, it can seem laughable to add one more thing to your to-do list. Here's why you should: Taking on a hobby that makes you happy can help you reduce stress, get more focused, and unleash creative brainpower. Think of this as the most fun you'll ever have at management training.

By Kathleen Harris

1

If you want to stay calm in stressful situations, practice music.

Engaging in an ongoing creative activity, like learning to play an instrument, helps people manage negative feelings like stress, according to the *American Journal of Public Health*. Warren Buffett regularly plays the ukulele, Steve Martin plays the banjo, and Steven Spielberg jumped in with his clarinet on the *Jaws* soundtrack. Even better news: Cognitive research says that adults can learn to play a new instrument at any age. Just pick one with a sound you love and find a teacher who works with adults—ask for recommendations from your town's Facebook group, a music school (even if it's geared toward children), or local colleges. Or join a choir. Study after study shows the benefits of singing—from releasing endorphins to strengthening the immune system—and in a choir, you can also attain the feeling of harmony. "You have to learn to work in complete cooperation," says Stacy Horn, author of *Imperfect Harmony: Finding Happiness Singing with Others*. Join in at your church or search for a community choir at choirplace.com.

2

If you want to improve your public speaking, sign up for a creative writing class.

The best public speakers tell the best stories. Finesse your storytelling skills by taking a creative writing class, where you'll learn the art of crafting narratives. Classes often require you to read your story aloud to the group, so you'll practice presenting as well. "If you're feeling bold, share a story at a local open mic event," says Vanessa Valenti, a partner at Fresh Speakers. Or, if you want to start smaller, prepare a toast for a special family dinner or a friend's bridal shower. "Speaking in front of people—especially those who may make you nervous, like your old high school rival or a judgmental cousin—is a great way to practice and can help you rid yourself of those public-speaking jitters," says Valenti.

3

If you want to work on your leadership skills, try team sports.

PepsiCo CEO Indra Nooyi played cricket in college; former HP CEO Meg Whitman played squash and lacrosse at Princeton. In fact, an incredible 94 percent of women in

Illustrations by Sam Kalda

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the C-suite played sports, according to research from Ernst & Young. Being on a sports team helps you develop key leadership skills, says Patti Fletcher, PhD, a leadership expert and the author of *Disrupters: Success Strategies from Women Who Break the Mold*. The obvious reason: You're working together toward a goal (literally). You don't need to have been a high school all-star to reap the rewards—anyone can benefit from getting active and having fun with a team. To find one, check your local YMCA. Most have adult programs for every level.

4

If you want to be more productive, start a recipe club.

Even if you love experimenting with your Instant Pot or finding a new way to sneak veggies into dinner, planning a big meal can feel overwhelming and not worth the time suck. But cooking for a dinner party or a recipe club, in which you meet monthly to swap recipes and taste one another's creations, can improve your time management skills, says career coach Laura Garnett. "You have to create a menu, do the shopping, and time the cooking of each course to meet a deadline," she says. "It gives you an opportunity to practice getting a lot done in a short period of time." Cooking and baking for pleasure (not just for hungry mouths) can also put you in a state of flow, says Michelle Gielan, author of *Broadcasting Happiness* and cofounder of the Institute for Applied Positive Research. When you consciously set aside time for a hobby like cooking, you are investing in yourself. "Even the simple act of scheduling hobbies can make us feel more focused and in control of our time," says Gielan.

5

If you want to be more strategic, play a video game.

That's right—we told you to play a video game. It can help you solve problems more quickly and efficiently, says clinical psychologist Richard Shuster, PsyD, host of the podcast *The Daily Helping*. Playing puzzle games (think sudoku, *2048, Match Dots*) and role-playing or simulator games (like *Reigns: Her Majesty* or *Through the Ages*) activates our frontal lobe and executive function. "Any game that promotes complex thinking, where you need to map out your next few moves, can help you develop thinking and reasoning skills," says Shuster. But not all games and apps are the same. So-called button mashers—games, like *Space Invaders,* in which you simply react instead of strategize—don't offer the same brain boost. In the end, choose a game you enjoy. "People don't play computer games because they are irritating; they do it because they're fun," says Shuster. "That can counter the daily stressors of the workplace."

For five expert tips on sparking creativity, go to realsimple.com/creative.

SHOULD YOU PUT HOBBIES ON YOUR RÉSUMÉ?

It might surprise you, but career experts say it's a good idea. Here's how to position your favorite free-time activities in a job search.

HIGHLIGHT ACTIVITIES you devote a lot of time to, such as a running club. "Listing a few hobbies makes for a more interesting, well-rounded candidate," says Bucky Keady, senior vice president of talent at Time Inc. (the parent company of *Real Simple*). "Those outside interests then serve as an icebreaker during the interview and lead to a more compelling conversation."

PLAY UP VOLUNTEER ACTIVITIES, especially if you've spent time out of the workforce or are pivoting your career path. "Think about what skills you developed: project management, meeting challenges, learning new subjects," says Fletcher.

IN THE INTERVIEW, DISCUSS THE SOFT SKILLS your hobbies have taught you. For example, your Etsy store proves you have the hustle and business acumen necessary to launch and maintain a side gig. "If you can connect the dots for the interviewer and show why the hobby makes you someone who should be hired for that job, put it on your résumé," says Fletcher.

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Making It Work

How do you carve out time for friends?

By Jane Porter

"I'm teaching my kids how to play golf, partly because I love golf and my friends love golf. I have two boys, who are 11 and 6. I'm friends with my kids' friends' parents, so when we get together, it's like killing two birds with one stone. We plan events that include the entire family, like going to a ball game or a kid-friendly concert. We'll also take trips with friends and their families and rent a house. Those kinds of trips really create quality time together."

MARK CHOEY, 47, COFOUNDER, PARTNER, AND CTO OF CLIMB REAL ESTATE

"I have been traveling a lot this past year, so I post on Facebook where I'll be and connect with people that way. Sometimes I'll send calendar invites to friends about meeting up. It helps because we're all so busy. But it's also good to be spontaneous and not always plan ahead. I'll message 10 friends on Facebook to see if anyone wants to go to dinner. I think it's important to do this kind of thing on a regular basis—otherwise I just blink, the whole year goes by, and I've lost touch."

SUZ SOMERSALL, 34, FOUNDER OF KIRAKIRA3D

"Now that my kids are 11 and 14, I find many friends through them. It's important to have that network of people you trust with your kids. I'm driving a lot of carpools, and there's homework, so the evenings are pretty tied up. But on the days I work, I try to see a grown-up at lunchtime. Or we'll meet and go for a walk, or I'll exercise with them on my days off."

DESIREE BOTKIN, 48, BRIEFING ATTORNEY FOR UNITED STATES DISTRICT COURTS

"My family life just went into overdrive because we recently had twins and already have a 5- and 7-year-old. Having a set event helps make time. I used to organize a Dads' Drinking Club as a way to meet new people; we'd gather once a month at a local bar. Now, every month or two, my friends and I play poker. One of the biggest sources of marital disharmony I've observed is an imbalance in time with friends. So I make an effort to schedule something to take the kids to so my wife can be with her friends. I think that makes our relationship happier."

RABINDRA RATAN, 36, ASSISTANT PROFESSOR OF MEDIA AND INFORMATION AT MICHIGAN STATE UNIVERSITY

"I think you have to prioritize time for friends and not feel guilty about it. Thursday works best for my schedule, so I have a goal to meet a friend for dinner and drinks every Thursday night. Seeing a friend shouldn't feel like a guilty pleasure; it's a really essential part of life. I think it's important for women in particular to look at friendship as something that feeds your life and your business. It's one of those things that make you better at everything else you do."

ROBBIE HARDY, 70, AUTHOR, MENTOR, AND COFOUNDER OF LESSONS EARNED

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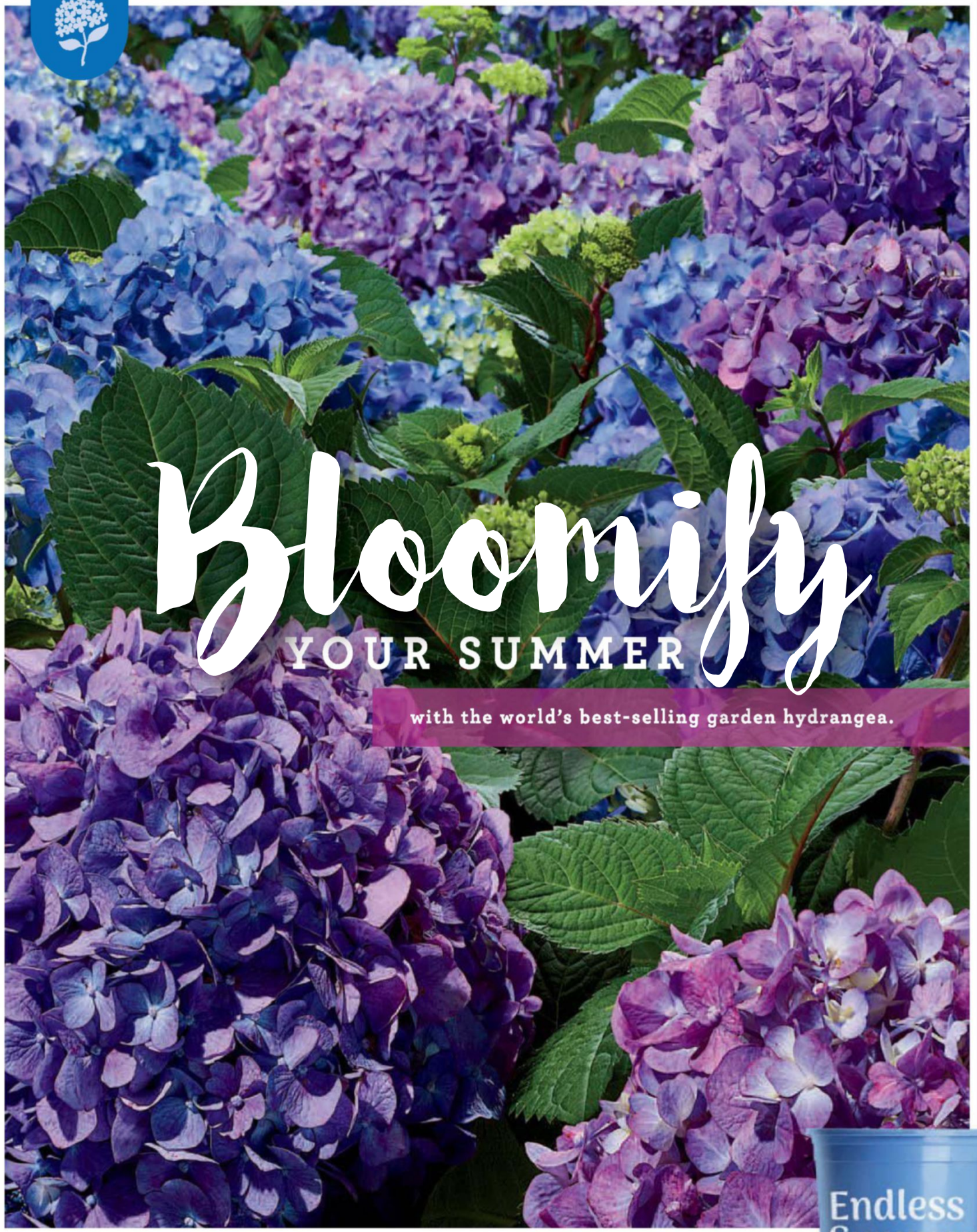


More blooms. More color. More wow.

Ahhh...

Here is a way to take a quick, luxurious breather at any time during your day. Notice how your body is breathing by itself right now. No matter how stressed you get or how tight your chest feels, your breath is always there. Observe the breath. How does it feel? Deep? Shallow? Easy? High in your chest? Low in your chest? Fast? Slow? Get to know it for a moment without judgment. Now find the place where the movement of your breath originates—where you feel it the most. This is where the inhale arises and expands from and where the exhale falls and empties back into. It doesn't matter where it is. Once you find it, place your hand there. Feel it from the inside and imagine you have a big comfy chair right there in the middle of it. Sit, sink in, and rest here—the source of the movement within you—and feel rejuvenated.

—MARGARET TOWNSEND, thelivingbreath.com

IMAGE SOURCE/OFFSET

Photograph by Tim Hall

BEAUTY BOTANY

Nurture your complexion with some of Mother Nature's most powerful botanicals, handpicked to solve your biggest skin-care concerns.

By HEATHER MUIR MAFFEI
Illustrations by RODICA PRATO

GRANT CORNETT

Hibiscus

Tiger Grass

TIGER GRASS

soothes irritation

Native to Asia, Centella asiatica, sometimes called tiger grass, has been used for centuries to treat wounds. And the botanical does seem to have an instant calming effect on the skin. So if you struggle with rosacea, eczema, sensitive skin, or acne, try Dr. Jart+ Cicapair Tiger Grass Re.Pair Serum ($48; sephora.com) to help reduce irritation. For a higher dose of hydration, follow with Dr. Jart+ Cicapair Tiger Grass Color Correcting Treatment SPF 30 ($52; sephora.com), which has a green tint to help cancel out any ruddiness. If fine lines and brown spots are your concern, consider L'Oréal Paris Revitalift Cicacream ($18; at drugstores), a lightweight lotion you apply after cleansing and before moisturizing. It packs the power of a heavy-hitting anti-ager, thanks to retinol—but not the punch, thanks to soothing tiger grass.

calendula

hydrates

If your skin is super reactive, look for this botanical, also referred to as a marigold. A member of the sunflower family, calendula is known for its ability to help protect even the most fragile skin from dryness. Weleda Baby Calendula Face Cream ($13.50; weleda.com) is formulated for babies, but, dermatologists agree, because it's free of synthetic preservatives, fragrance, and colorants, it works wonders on adult sensitive skin too. For stubborn dry patches or redness caused by harsh conditions (a weekend on the slopes, for example), reach for Jurlique Calendula Redness Rescue Soothing Moisturising Cream ($36; jurlique.com), which also has nourishing avocado and safflower oils to soothe and soften. If you prefer a gel, try Jurlique Calendula Redness Rescue Restorative Treatment Serum ($54; jurlique.com) morning and night. Instead of rubbing, press it into skin for better absorption.

HIBISCUS

firms

To hydrate and firm your skin while you sleep (yes, please), swap your go-to night cream for an overnight mask—a more potent anti-aging formula—a few times a week. Kiehl's Ginger Leaf & Hibiscus Firming Mask ($54; available March 15 at kiehls.com) contains hibiscus seed extract, a reported natural firming ingredient sourced from southern India and responsible for the mask's ability to aid in long-term lifting. It's ideal for anyone who wants to tighten and tone skin without needles. After cleansing, massage the velvety cream into skin, working from your neck to your forehead. (It absorbs quickly, so you don't have to worry about getting residue on your pillowcase.) Clock your shut-eye, then rinse in the a.m. The bright, trumpet-shaped flower also contains alpha hydroxy acids to gently exfoliate. To make for a spa-like experience, the mask has bitter orange and juniper essential oils—ahhh.

PROP STYLING BY PAMELA DUNCAN SILVER FOR SARAH LAIRD & GOOD COMPANY

Photographs by Addie Juell

kangaroo paw flower

softens fine lines

Native to—you guessed it—Australia, the kangaroo paw is known for its distinct shape (six claw-like, usually green or yellow flowers, coated in a velvety hair, that mimic a kangaroo paw) and its ability to regenerate even in poor environments, like burned soil. Turns out it has a similar effect when you use it in beauty products: It helps plump the skin, making fine lines appear smoother and lax skin appear a bit tighter. Clarins Extra-Firming Day Cream ($87; clarinsusa.com), also available with SPF 15 and for dry skin, contains the heavy lifter kangaroo paw flower extract along with date extract to brighten pesky dark spots and help prevent hyperpigmentation, as well as red seaweed to help protect the skin from environmental aggressors, like pollution.

JUNIPER

controls oil

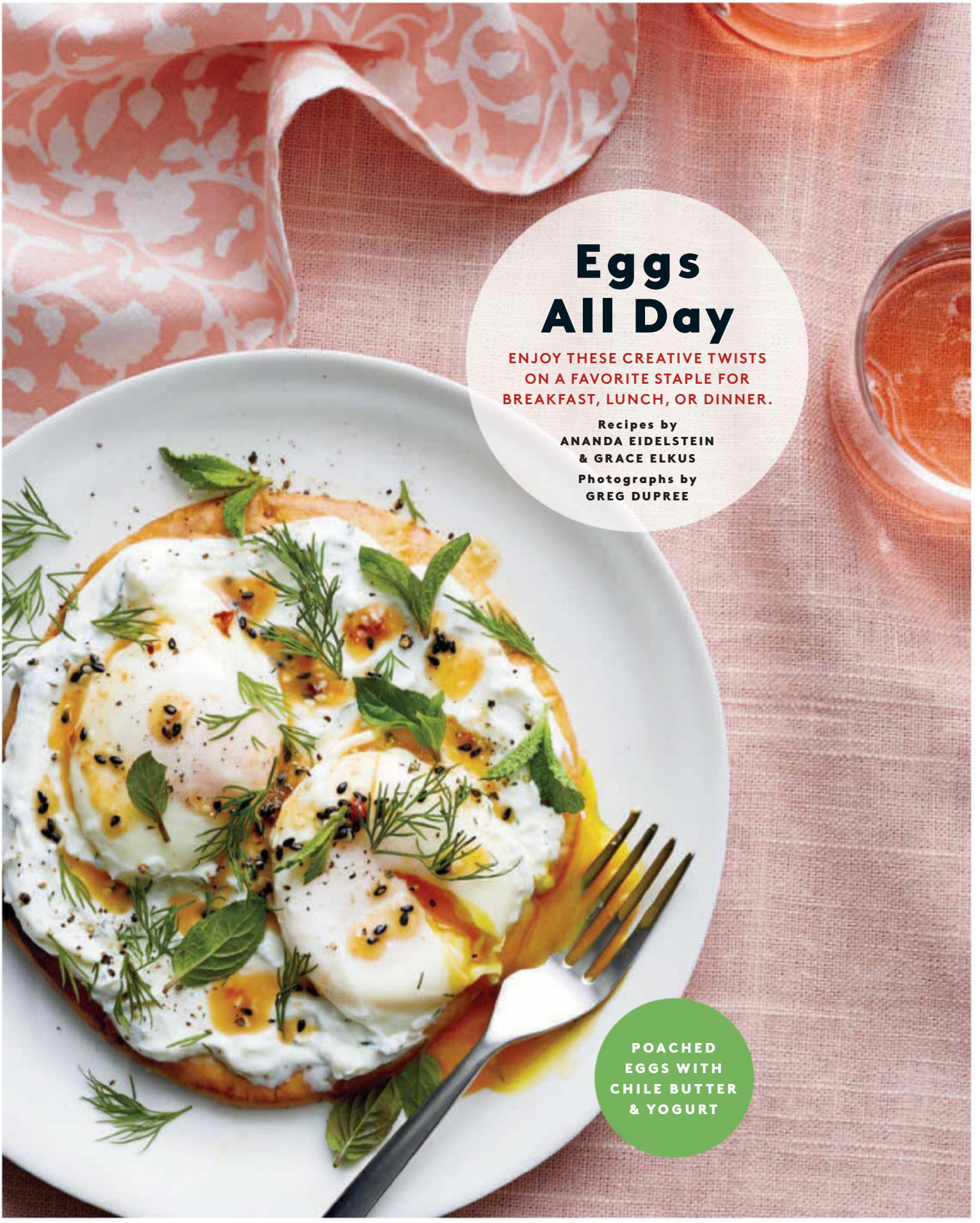
If you're on the oily or acne-prone side, put down the aggressive scrubs, which can disrupt the skin's barrier and lead to irritation. Instead, pick up a cleanser laced with nature's oil regulator—juniper. With its peppery, piney scent and antibacterial and astringent properties, the Macedonian juniper in Tata Harper Clarifying Cleanser ($68; tataharperskincare.com) helps control sebum production so you're not an oil slick come lunchtime. In addition to juniper, the formula has prickly pear flower enzymes to gently exfoliate and mint extract for a cooling sensation. Rub it onto dry skin morning or night or both—the green gel will transform into a white foam—then rinse. Instead of feeling squeaky-clean, which signals overdrying, skin feels refreshed and looks matte. Each recyclable glass bottle is numbered; enter your number on the website to find out when your product was made if you're curious to know how fresh it is.

echinacea greenenvy

protects

Echinacea is a flower praised for its anti-aging benefits. After discovering a new, reportedly more powerful variant—Echinacea GreenEnvy—plantsman Mark Veeder patented it, then created the skin-care line Farmacy to make the most of the anti-inflammatory and antioxidant-rich ingredient. He worked with beekeepers in upstate New York to add hives so bees could more readily pollinate his echinacea plants—and used the honey, too, in products like Farmacy Honey Potion Renewing Antioxidant Hydration Mask ($56; farmacybeauty.com), a weekly treatment that warms on contact to hydrate and clear skin and leave it glowing. Apply to clean skin with circular motions, then leave on for 10 minutes before rinsing. For a daily dose of Echinacea GreenEnvy plus hyaluronic acid, warm one drop of Farmacy Invincible Root Cell Anti-Aging Serum ($65; farmacybeauty.com) in hands and press into skin morning and night before your moisturizer. You'll help seal in water, smooth lines, and even out skin tone.

Echinacea GreenEnvy



Eggs All Day

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Recipes by
ANANDA EIDELSTEIN
& GRACE ELKUS

Photographs by
GREG DUPREE

POACHED EGGS WITH CHILE BUTTER & YOGURT

RED AND
GREEN
CHILAQUILES

SOUFFLÉ
PANCAKE
WITH MISO
MUSHROOMS

POACHED EGGS WITH CHILE BUTTER & YOGURT

ACTIVE TIME **15 MINUTES**
TOTAL TIME **20 MINUTES**
SERVES **4**

- 1 cup full-fat Greek yogurt
- 2 tsp. chopped fresh dill, plus sprigs for serving
- 1 small clove garlic, finely chopped
- Kosher salt
- Freshly ground black pepper
- 3 Tbsp. unsalted butter
- 2 tsp. sesame seeds
- ½ tsp. red pepper flakes
- Flaky sea salt
- 4 pitas
- 1 Tbsp. olive oil
- 8 large eggs
- Fresh mint leaves, for serving

PREHEAT oven to 350°F. Mix yogurt, dill, garlic, ¼ teaspoon kosher salt, and several grinds of pepper in a small bowl.

MELT butter in a small skillet over medium-low. Add sesame seeds, red pepper flakes, and a pinch of flaky salt; cook until fragrant, about 2 minutes. Remove from heat. Place pitas on a baking sheet, brush both sides with oil, and season with a pinch each kosher salt and pepper. Bake until puffed and warm, about 5 minutes.

MEANWHILE, bring 2 inches of water to a gentle simmer in a large skillet. Crack 4 eggs into skillet and poach until whites are set but yolks are still runny, about 3 minutes. Using a slotted spoon, carefully transfer cooked eggs to paper towels to drain. Repeat with remaining 4 eggs.

ARRANGE pitas on serving plates. Top with yogurt, eggs, chile butter, dill sprigs, mint, and a pinch of flaky salt.

RED AND GREEN CHILAQUILES

ACTIVE TIME **40 MINUTES**
TOTAL TIME **40 MINUTES**
SERVES **4**

- 12 6-in. corn tortillas
- 4 Tbsp. olive oil, divided
- 2½ tsp. ground cumin, divided
- Kosher salt
- Freshly ground black pepper
- 1 small yellow onion, finely chopped
- 3 cloves garlic, finely chopped
- 2 tsp. dried oregano
- 1¼ tsp. ground coriander
- 1 28-oz. can crushed tomatoes
- 1½ cups chicken stock
- 1 Tbsp. sauce from canned chipotles in adobo
- 4 cups shredded rotisserie chicken (from a 2½-lb. bird)
- 4 large eggs
- ⅓ cup salsa verde
- 1 jalapeño, sliced
- Sliced red onion, for serving
- Lime wedges, for serving

PREHEAT oven to 400°F. Brush tortillas on both sides with 2 tablespoons oil. Cut into quarters; arrange on 2 baking sheets. Season with 1 teaspoon cumin, ½ teaspoon salt, and several grinds of pepper. Bake, rotating halfway through, until golden, 10 to 15 minutes. Set aside.

HEAT 1 tablespoon oil in a large deep-sided skillet over medium. Add onion, garlic, oregano, coriander, remaining 1½ teaspoons cumin, and 1 teaspoon salt; cook, stirring frequently, until softened, about 2 minutes. Stir in tomatoes, stock, and adobo sauce. Reduce heat to medium-low, cover, and simmer until slightly thickened, 6 to 8 minutes.

ADD chicken and tortilla chips to sauce and cook, stirring occasionally, until chips are softened, 6 to 8 minutes.

MEANWHILE, heat remaining 1 tablespoon oil in a large nonstick skillet over medium. Crack eggs into skillet and fry until whites are set and edges are golden, 2 to 3 minutes. Season with salt and pepper.

REMOVE chips and sauce from heat and top with fried eggs, salsa verde, jalapeño, and red onion. Serve with lime wedges.

SOUFFLÉ PANCAKE WITH MISO MUSHROOMS

ACTIVE TIME **40 MINUTES**
TOTAL TIME **1 HOUR**
SERVES **4**

- 1½ cups all-purpose flour
- 2 tsp. sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. kosher salt
- 1¼ cups whole milk
- 1 large egg yolk plus 4 large egg whites
- 2 tsp. grated fresh ginger
- 2 tsp. toasted sesame oil
- 5 Tbsp. unsalted butter, melted, divided
- 2 Tbsp. tamari, divided
- 3 cloves garlic, grated, divided
- 4 scallions, sliced, white and green parts separated
- 1 lb. mixed wild mushrooms, stems removed, halved if large
- 1 head baby bok choy, stems chopped, leaves thinly sliced
- 2 Tbsp. white miso
- 1 tsp. sriracha, for serving

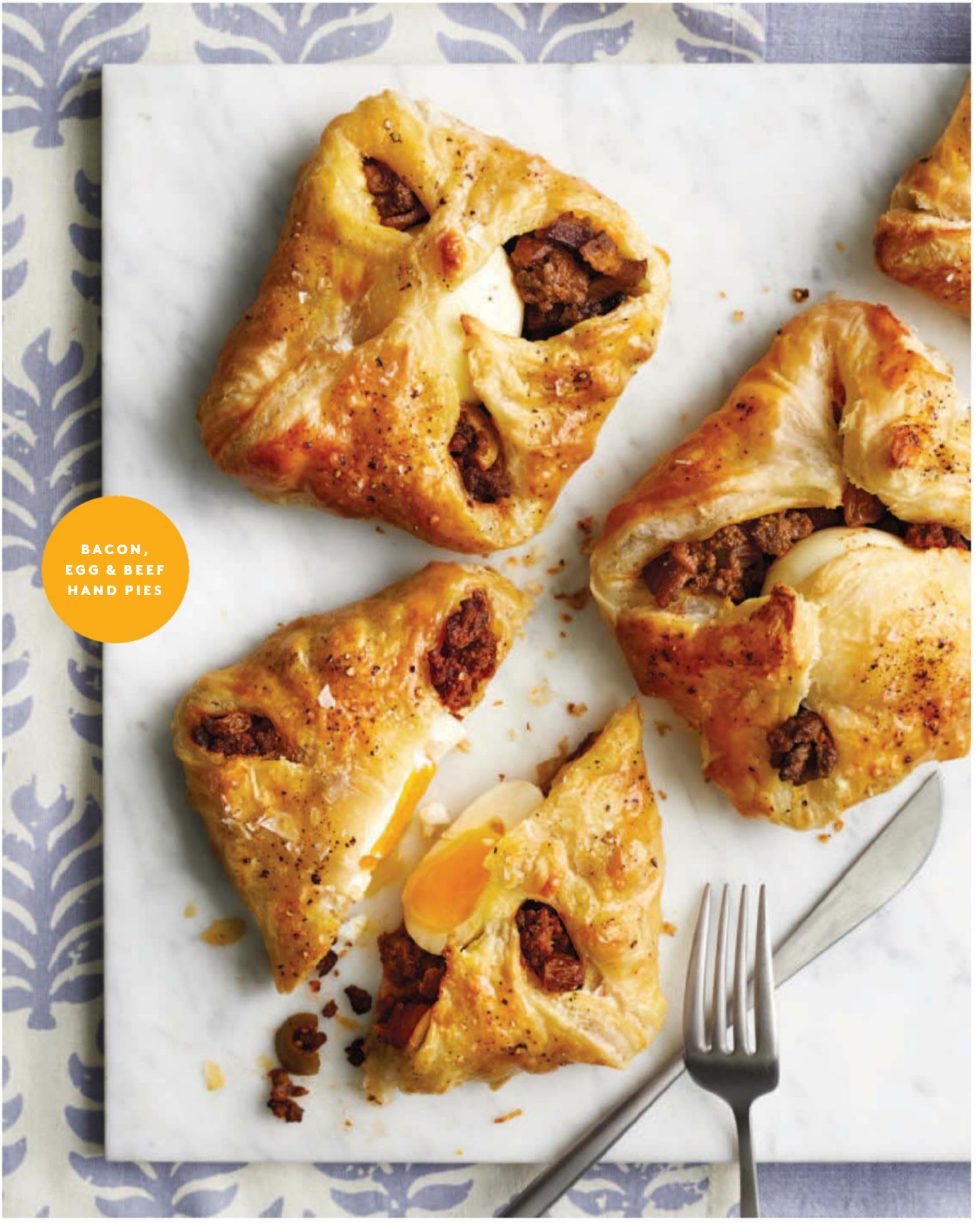
WHISK flour, sugar, baking powder, baking soda, and salt in a large bowl. Whisk milk, egg yolk, ginger, oil, 2 tablespoons butter, 1 tablespoon tamari, and ⅓ of the garlic in a bowl. Add milk mixture to flour mixture; stir until just combined. Beat egg whites with an electric mixer on medium-high until stiff peaks form, about 3 minutes. Gently fold into batter.

HEAT 1 tablespoon butter in a 10-inch nonstick skillet over medium. Pour in batter. Reduce heat to medium-low and cook, covered, until batter is bubbling and edges are set, 8 to 10 minutes. Using a metal spatula, flip pancake. Continue cooking, uncovered, until underside is golden and a toothpick comes out clean, 4 to 6 minutes. Transfer to a serving platter.

WHILE pancake cooks, heat 1 tablespoon butter in a large skillet over medium. Add scallion whites and remaining garlic and cook 2 minutes. Add mushrooms and bok choy stems; cook, stirring, until mushrooms are golden, about 3 minutes. Stir miso and remaining 1 tablespoon tamari and 1 tablespoon butter into skillet until smooth. Add bok choy leaves; cook 1 minute more. Remove from heat.

SERVE pancake topped with mushrooms and scallion greens, with sriracha on the side.

FOOD STYLING BY ANNA HAMPTON; PROP STYLING BY CLAIRE SPOLLEN


BACON,
EGG & BEEF
HAND PIES

CRISPY POTATO OMELET WITH SMOKY AIOLI

BACON, EGG & BEEF HAND PIES

ACTIVE TIME **40 MINUTES**
TOTAL TIME **1 HOUR, 5 MINUTES**
SERVES **4**

- 5 large eggs, divided
- 3 slices bacon, chopped
- 1 shallot, finely chopped
- 2 cloves garlic, chopped
- ¾ lb. ground beef (90% lean)
- ½ tsp. kosher salt
- 2 tsp. tomato paste
- ½ tsp. Worcestershire sauce
- ½ tsp. paprika
- 1 cup chicken stock
- 1½ tsp. cornstarch
- ¼ cup chopped pitted green olives
- ¼ cup golden raisins
- 1 sheet puff pastry (from a 17.3-oz. box), thawed
- All-purpose flour, for work surface
- Freshly ground black pepper

COOK 4 eggs in a large pot of boiling water for 6 minutes. Drain and run under cold water to cool, then peel.

PREHEAT oven to 400°F. Cook bacon in a large skillet over medium, stirring, until crisp, about 5 minutes.

ADD shallot and garlic to skillet; cook, stirring, until softened, about 2 minutes. Add beef and salt to skillet; cook, breaking up with a wooden spoon, until browned, 6 to 8 minutes. Stir in tomato paste, Worcestershire, and paprika; cook 1 minute. Add stock and bacon and bring to a simmer.

MEANWHILE, mix cornstarch with 2 teaspoons water in a small bowl; add to skillet and simmer until thickened, 3 to 4 minutes. Stir in olives and raisins and remove from heat.

ROLL out pastry to a 14-inch square on a floured surface. Cut into 4 squares. Divide beef among centers of squares; top with boiled eggs.

WHISK remaining egg in a small bowl. Brush pastry edges with beaten egg. Pull corners over filling to meet in the center; pinch firmly to seal. Transfer to a parchment-lined baking sheet. Brush with egg wash and top with several grinds of pepper. Bake until golden, 15 to 18 minutes. Serve warm.

CRISPY POTATO OMELET WITH SMOKY AIOLI

ACTIVE TIME **40 MINUTES**
TOTAL TIME **1 HOUR, 15 MINUTES**
SERVES **4**

- 1½ lb. red new potatoes, quartered, halved again if large
- 3 Tbsp. olive oil, divided
- 1 tsp. kosher salt, divided
- 1¼ tsp. smoked paprika, divided
- Freshly ground black pepper
- 1 small clove garlic, chopped
- 2 Tbsp. tomato paste
- 3 Tbsp. mayonnaise
- 8 large eggs, divided
- 2 oz. thinly sliced prosciutto or serrano ham, torn into strips, divided
- 4 tsp. chopped chives, divided, plus more for serving
- 4 oz. Manchego cheese, grated (about 1 cup), divided

PREHEAT oven to 475°F. Toss potatoes with 2 tablespoons oil, ¾ teaspoon salt, ½ teaspoon paprika, and several grinds of pepper on a rimmed baking sheet. Roast, tossing halfway through, until golden and tender, 20 to 25 minutes.

HEAT remaining 1 tablespoon oil in a small nonstick skillet over medium-low. Add garlic, remaining ¾ teaspoon paprika, and ¼ teaspoon salt; cook until fragrant, about 30 seconds. Add tomato paste and stir to combine. Whisk in ½ cup water and simmer until reduced to ¼ cup, 8 to 10 minutes; transfer to a bowl. Let cool completely and whisk in mayonnaise.

BEAT 2 eggs in a small bowl. Wipe out skillet and heat over medium-low. Add ¼ of the prosciutto and cook, turning once, until crisp, about 2 minutes. Add beaten eggs, tilting skillet to coat bottom. Top with 1 teaspoon chives and ¼ cup cheese. Cook until omelet is just set, 2 to 3 minutes. Fill with ¼ of the potatoes and transfer to a plate. Repeat with remaining prosciutto, eggs, chives, cheese, and potatoes to make 4 omelets.

SERVE omelets topped with aioli and chives.

CHARD & HERB FRITTATA WITH CHERRY TOMATOES

ACTIVE TIME **30 MINUTES**
TOTAL TIME **1 HOUR**
SERVES **4**

- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil, plus more for serving
- 8 scallions, thinly sliced, white and green parts separated
- 2 cloves garlic, finely chopped
- 1 large bunch Swiss chard (about 1 lb.), ribs and stems removed and leaves thinly sliced
- Kosher salt
- 1 cup chopped fresh parsley
- 1 cup chopped fresh cilantro
- 8 large eggs
- ½ tsp. ground turmeric
- ½ tsp. ground coriander
- ½ tsp. baking powder
- Freshly ground black pepper
- Cooking spray
- 1 pint cherry tomatoes, halved

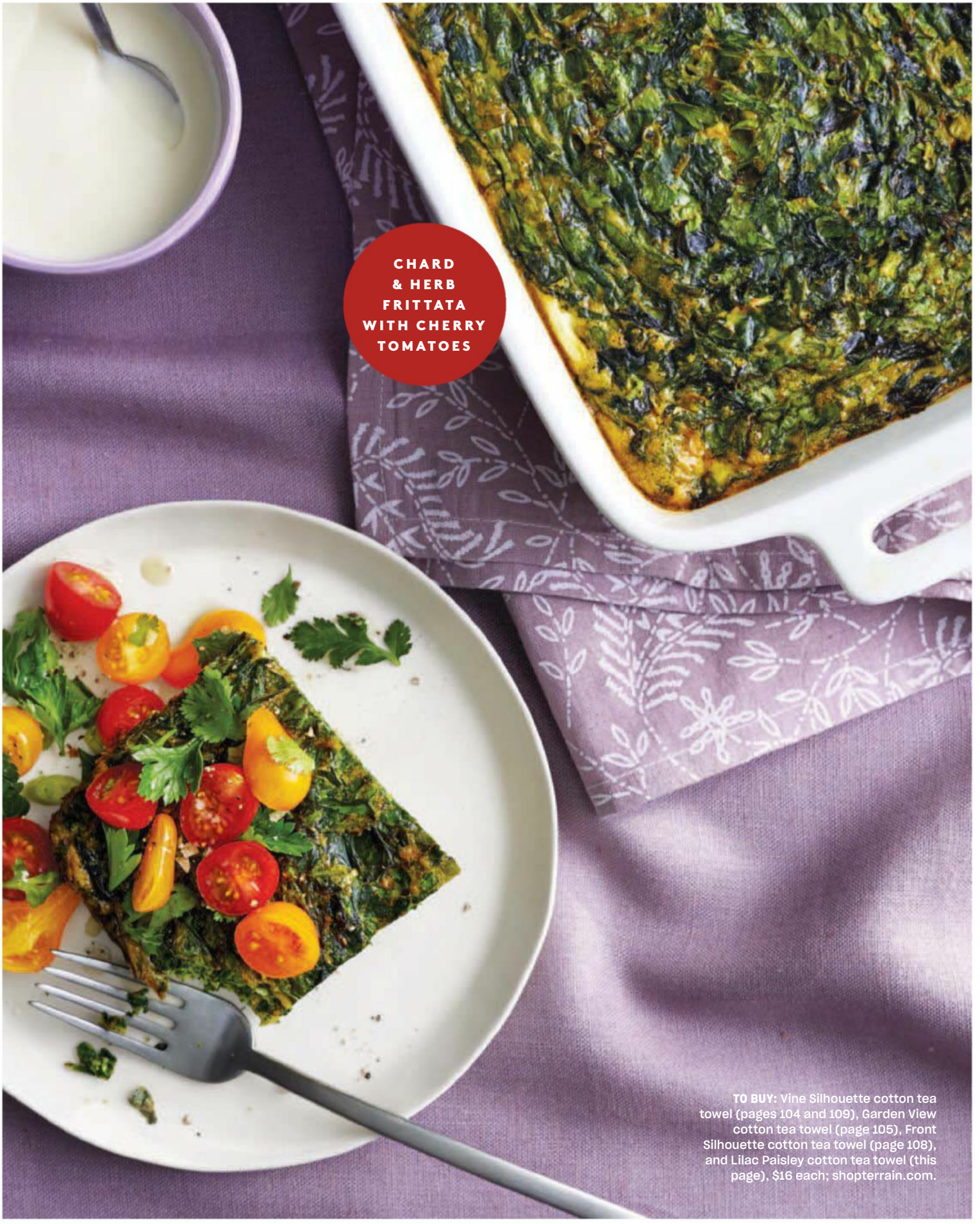
PREHEAT oven to 350°F. Heat butter and 1 tablespoon oil in a large skillet over medium. Add scallion whites and garlic and cook, stirring, until softened, about 1 minute. Add chard and ¼ teaspoon salt and cook, stirring, until wilted, about 2 minutes. Add 3 tablespoons water; cover and cook until chard is tender, about 3 minutes. Remove from heat.

COMBINE parsley, cilantro, and scallion greens in a bowl. Set aside ½ cup herb mixture.

WHISK eggs, turmeric, coriander, baking powder, several grinds of pepper, and 1¼ teaspoons salt in a large bowl. Stir in chard and remaining herbs.

LIGHTLY coat an 8-inch square (or other 2-quart) baking dish with cooking spray. Pour in egg mixture and even out with a rubber spatula. Bake until set, 25 to 30 minutes.

TOSS tomatoes with reserved herbs, a drizzle of oil, and a pinch each salt and pepper. Serve frittata topped with tomato mixture.



TO BUY: Vine Silhouette cotton tea towel (pages 104 and 109), Garden View cotton tea towel (page 105), Front Silhouette cotton tea towel (page 108), and Lilac Paisley cotton tea towel (this page), $16 each; shopterrain.com.

MAKEUP BY AISHA MASSAC FOR ZENOBIA AGENCY

The Real Simple GREAT NEIGHBOR AWARDS

IN PARTNERSHIP WITH NEXTDOOR, WE HONOR SIX PEOPLE WHO TOOK CARE OF THEIR OWN. THEY PROVE THAT ANYONE CAN DO GOOD—AND SOMETIMES ALL YOU NEED TO DO IS LOOK IN YOUR OWN BACKYARD.

BY ELIZABETH HOLMES

The Organizer

SESHAT WALKER

GROWING UP ON MARYLAND'S Eastern Shore, Seshat Walker loved her area's sense of community. Now the 45-year-old mother of two and owner of a creative-strategy consultancy firm wants to foster that same feeling in the big-city neighborhood she calls home.

Walker moved to Deanwood, a neighborhood in Ward 7 in Washington, D.C., east of the Anacostia River, a decade ago. The neighborhood has seen a recent influx of new families, attracted to its affordable housing and green spaces. As a founding member of Deanwood's Nextdoor chapter, Walker uses the social media network to get to know newcomers, stay informed about issues, and promote her own local activism. Over the years, she has also organized community events and documented Deanwood's history and people in a book, among other projects. One issue Walker is especially passionate about lately: getting a new grocery store in Deanwood.

Though Deanwood is gentrifying, it's a "food desert," without affordable, high-quality grocery stores. A 2017 report found that Ward 7 and nearby Ward 8 have just three supermarkets between them—far fewer than the D.C. average of six per ward. There are liquor and corner stores, says Walker, but they mostly carry canned goods, not fresh fruits and vegetables. She often treks to Maryland for groceries, which, she says, isn't an option for her neighbors without a car.

Last year Walker and a friend in academia who has studied food justice solicited residents' thoughts on the severity of the situation and shared the results online and on posters, which they hung near high-traffic bus stops and corner stores. Walker is encouraged that people have reached out in response. "People are motivated," she says; they're asking questions about community meetings and offering ways to show support. "The sharing keeps happening. The information is getting out there."

Seshat Walker stands in front of a mural in Deanwood, her Washington, D.C., neighborhood.

Photograph by Jared Soares

Above, Kenny Evans drives his johnboat through Houston's Energy Corridor; right, Kenny with Sharon.

The Rescuers

SHARON SWANSON EVANS and KENNY EVANS

LAST AUGUST, as Hurricane Harvey threatened Houston, Sharon Swanson Evans and her husband, Kenny Evans, emptied their refrigerator. When forecasts worsened, they readied their boats.

The couple live in the city's Energy Corridor, near a pair of reservoirs that were overwhelmed by record rainfall. When the Army Corps of Engineers began releasing water from the dams, portions of their neighborhood experienced severe flooding. "The water came up five feet very, very quickly, and people got stuck trying to get out," recalls Kenny.

The morning after the first release, Sharon, 46, saw a request for help on her neighborhood's Nextdoor page. The Evanses' home was spared, but their neighbors weren't so lucky. So Kenny, 51, launched his 16-foot aluminum johnboat and went to help the neighbor in need. Along the way, he was bombarded with more rescue pleas. He began transporting people to safety, slowly making his way deeper into the neighborhood where conditions were more treacherous. The water was "rushing like a river," he says.

Kenny, a contractor and U.S. Coast Guard–certified captain, quickly understood how serious the situation was, even when his neighbors hesitated to accept help. "I'm here to take you to safety," he said, instructing them to put their valuables and some clothes in a garbage bag and lock the door on their way out. Sharon, a psychologist, stationed herself near the entrance of their subdivision to help coordinate the efforts and wade through shallower water. She and a friend loaded a man in a wheelchair into an inflatable canoe and pulled him to safety.

The Evanses were without power for 11 days but helped hundreds of people. "Kenny kept telling me to go home and relax," says Sharon. She refused. "So I could sit in the house, turn the generator on, and watch the news?"

"No," she told him. "I can go out and help people."

ABOUT NEXTDOOR

Nextdoor is a social media network for neighborhoods (170,000 and counting) across the country. Members use the site to buy and sell items, share recommendations (from plumbers to babysitters), organize events, and stay in the know about community happenings, among other things. Sign up at nextdoor.com.

Jessica Bueler, right, talks with Mawda Altayan, a Syrian refugee and new neighbor.

The Advocate

JESSICA BUELER

ST. LOUIS RESIDENT Jessica Bueler was scrolling through the local news one night when she came across a story about an attack on four Syrian teens. It hit close to home, quite literally: The attack happened about a mile from the tobacco shop she owns in the Delmar Loop. "What are you going to do about it, Jessica?" the 36-year-old said to herself.

Bueler reached out to a Syrian friend and asked how she could help. He connected her to members of the local Syrian refugee community (like most major cities, St. Louis has accepted a few hundred refugees of the more than 18,000 who have been resettled in the U.S. since 2011). There was an urgent need for personal care products, so Bueler decided to organize a toiletry drive. After she posted a Nextdoor request for donations, boxes of everything from tampons to toothbrushes soon filled her store.

The day before Thanksgiving 2016, a group of volunteers delivered the toiletries to several families. The first recipient invited Bueler in for coffee, a kind gesture but also a sobering experience. Bueler was horrified to learn of crowded apartments infested with roaches, bedbugs, and mice. Most of the families spoke little to no English and had little support.

Bueler expanded her mission, becoming a mentor and advocate for about 20 families—each with two parents and five or more children—and started a group of other volunteers called Welcome Neighbor STL. They assist with everyday tasks, like scheduling doctors' appointments, and raised more than $14,000 last year to move the refugees to better housing.

She hopes to expand her efforts to help all refugees in the St. Louis area, not just families from Syria. "We don't turn anyone down," she says. "We meet with any family and do what we can to help."

HAIR AND MAKEUP BY KAT HINKLE FOR ZENOBIA AGENCY

Photograph by Andrea Morales

Selena Silvestro, left, stands with her neighbor, Lorenzo Rhynes.

The Fixer

SELENA SILVESTRO

WHEN SELENA SILVESTRO first heard of a veteran in need of some help, she didn't hesitate: She went straight to his house. The Collierville, Tennessee, resident and mother of two met Lorenzo Rhynes, a 60-year-old U.S. Army veteran, late last spring. Silvestro plans service projects for the Memphis-area chapter of Little Helpers, a national volunteer group for parents and children. A friend had posted about Rhynes on Facebook, and Silvestro saw an opportunity. "We're just a tiny group of families, but what can we help you with?" she asked.

Rhynes, who uses a wheelchair, told Silvestro he suffers from macular and cerebellar degeneration, which affects his vision and motor skills, and asked for a wheelchair-accessible shower. She also noticed that his garage door was stuck and that his living room ceiling had leaked from damaged roof shingles.

So she quickly set up a lemonade stand on Rhynes's front lawn and posted about it on Nextdoor and Facebook. In a few hours, the group raised more than $800—an impressive amount and enough to cover the garage door replacement, but not much else. Then, to her surprise, a pair of contractors reached out after seeing a video she posted from the lemonade stand and volunteered to redo Rhynes's bathroom. Another offered to fix the roof.

What started as a one-off project is now an ongoing effort. Silvestro hopes to replace the flooring in Rhynes's home so he can more easily navigate it. "I feel blessed," says Rhynes of meeting Silvestro. "Very, very blessed." She helps him with grocery shopping and even threw him a surprise birthday party. "We've become friends with Lorenzo and consider him family now," says Silvestro.

HAIR AND MAKEUP BY LESLIE MILNE FOR ZENOBIA AGENCY

Photograph by Andrea Morales

The Matchmaker
PAYTON WALTON

AS TENS OF THOUSANDS of people fled the wildfires ravaging Northern California last fall, Payton Walton put on her scrubs and headed to work. Walton, a registered nurse with years of experience in ICUs, ERs, and hospice care, spent a week working 12-hour shifts, tending to patients suffering from smoke inhalation and evacuation injuries. The orange flames were visible from the windows of Santa Rosa Memorial Hospital, and the smoke was so intense that the medical staff wore protective masks. "Never in 22 years had I seen anything this bad," says the 54-year-old.

When she returned to her home, about 45 minutes south of the affected area, Walton was taken aback. Life was carrying on as usual while many Santa Rosa families—including friends from the hospital who lived closer—had lost everything. Walton hatched a plan. She began with a request for help on Nextdoor, sharing her first-person account of the fallout from the fires and offering to pair volunteers with families in need. Within minutes, she had her first response. Hundreds more messages from those willing to give their time and money poured in. Her personalized requests—with names of family members and even dogs—resonated. "Everybody realized: That's a family, just like mine," she says.

To identify those who needed help, Walton turned to her friends on Facebook and in real life. She also asked trusted friends to oversee the donations to each family and manage requests and deliveries.

Walton batched the donors into groups of 10 to pool resources and spread out the responsibility. She then assigned each group to a "loss family." It felt "like being someone's fairy godmother," she says. Word spread quickly, and donors began contacting her from outside Northern California.

Once she introduced the group members to one another, Walton took a step back, preferring to let each group decide how to give. One caravanned to a family's new apartment and divided responsibilities by room. Another filled a storage locker with everything for a new home, then handed the key over to the family, who were staying in a shelter.

The group matched with Shauna Coletti has donated items both big (thousands of dollars in gift cards) and small (Christmas ornaments). "I was just amazed," says the 38-year-old single mom, who lost her home in the Coffey Park section of Santa Rosa. Today Coletti says nearly half of what she lost has been replaced. "It has made me believe there really are good people out there," she says through tears.

Walton began the process with a simple spreadsheet. Now she has a website dedicated to helping other fire victims, familymatching.org. To date, Walton has matched nearly 9,000 donors with more than 250 families. "The biggest thing I've heard from the loss families is, 'Oh, I really don't need any help. There must be somebody worse off than me,'" says Walton. "I have to say to them really gently, 'Your entire house just burned down. You deserve some help.'"

Payton Walton holds the first donation (a check for $14,000) she received for a family.

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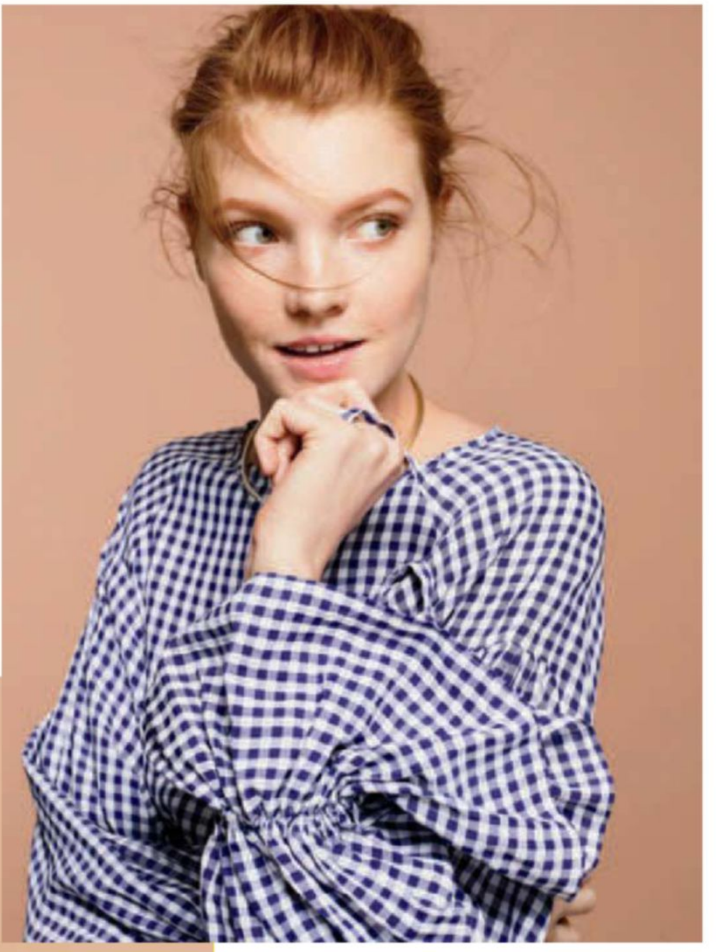
change your patterns

Fashion Editor REBECCA DALY

Photographs by MEI TAO

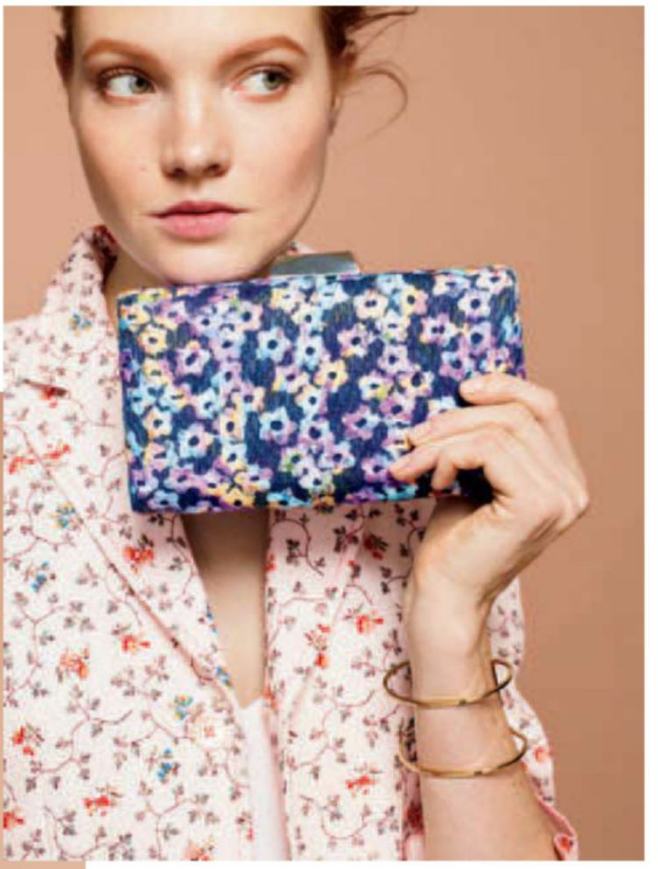


gingham

CHECKS, PLEASE! OF-THE-MOMENT SILHOUETTES, LIKE A STATEMENT SLEEVE OR A RUFFLED SKIRT, MAKE THIS RETRO FAVORITE FEEL MODERN.

OPPOSITE PAGE: Design History shirt, $128; design historyny.com. J.Crew long skirt, $188; jcrew.com. **ABOVE LEFT:** Furla Stacy Casanova M tote, $548; furla.com. AYR Scoop Neck tank, $175; ayr.com. Ann Taylor Skinny Modern Fit jeans, $98; anntaylor.com. Eye M by Ileana Makri Pearl Flow bangle, $385; eye-m-ileanamakri.com. **ABOVE RIGHT:** Scanlan Theodore Ruffle Sleeve top, $350; us.scanlantheodore.com. Eye M by Ileana Makri x Adeam pipe choker, $415; eye-m-ileanamakri.com. **LEFT:** Karen Kane Piper pants, $99; karenkane.com. Club Monaco Terek top, $158; clubmonaco.com. Marc Fisher LTD flats, $130; marcfisherfootwear.com. A.V. Max 3-piece Bypass bangle set, $55; avmaxnyc.com.

OPPOSITE PAGE: Joie Danby blouse, $278; joie.com. Mignonne Gavigan Julia earrings, $225; mignonnegavigan.com. **RIGHT:** Sondra Roberts Denim Embroidered box, $70; zokydoky.com. Rebecca Taylor Vine twill jacket, $395; rebeccataylor.com. AYR slip cami, $165; ayr.com. A.V. Max Open Wire cuff, $45; avmaxnyc.com. **BELOW:** Kate Spade Mini Bloom Burnout dress, $398; katespade.com. Monica Vinader Stellar earrings, $1,450; monicavinader.com. Julie Vos Kenya bangle, $65; julievos.com.

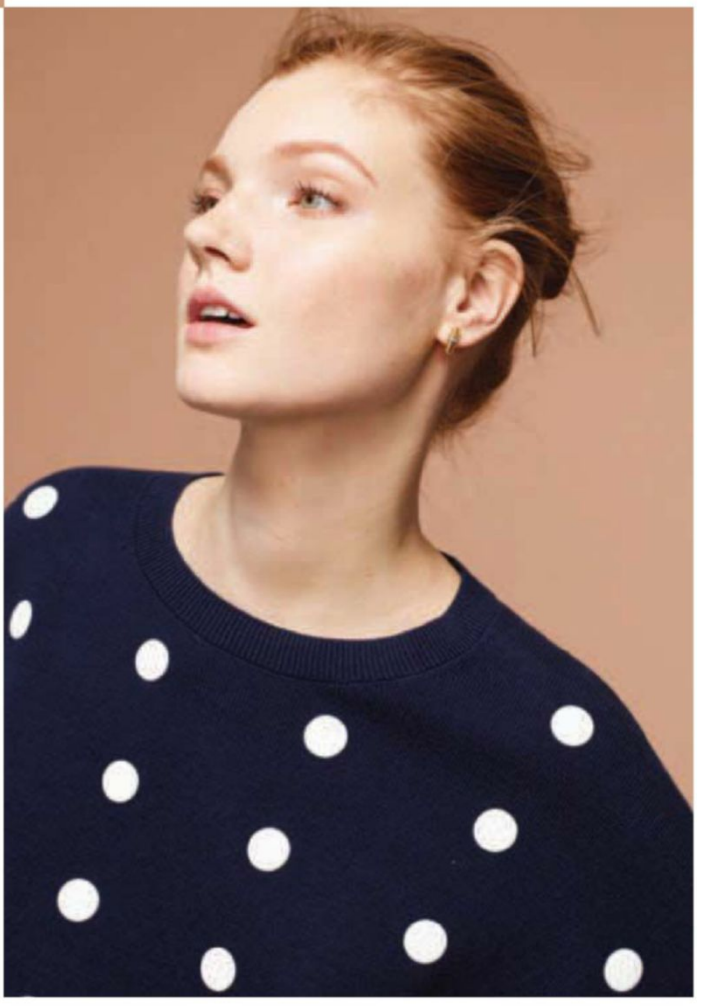


floral

SCALED-DOWN FLOWERS FEEL DELICATE AND REFINED (AND WON'T OVERWHELM PETITE FRAMES).

polka dots

WHETHER YOU PREFER BOLD ON A BAG OR SMALL AND SUBTLE ON A JUMPSUIT, THESE SPOTS ARE SURPRISINGLY VERSATILE.



TOP: Talbots Getaway Pom-Pom tote, $99; talbots.com. **ABOVE:** Old Navy Mid-Rise Pixie ankle pants, $35; oldnavy.com. They Circle low sneakers, $359; theynewyork.com. **RIGHT:** Michael Michael Kors oversize pullover, $195; michaelkors.com. Via Saviene Colette studs, $115; viasaviene.com. **OPPOSITE PAGE:** La Vie Rebecca Taylor Short Sleeve Dahlia Dot jumpsuit, $295; rebeccataylor.com. A.V. Max Oriana Multi Mobile earrings, $55; avmaxnyc.com for similar styles.

OPPOSITE PAGE: Who What Wear smocked waist skirt, $30; target.com. Guess Sawyer Mini Round About bag, $58; shop.guess.com. Reiss Kelly T-shirt, $85; reiss.com. **RIGHT:** Eliza J maxi dress, $158; nordstrom.com. J.Crew metallic sandals, $128; jcrew.com. Via Saviene Aris hoop earrings, $175; viasaviene.com. Via Saviene Cira angled rings, $95 each; viasaviene.com. **BELOW:** French Connection Shikoku stitch top, $268; usa.frenchconnection.com. Ramy Brook Iris pants, $375; ramybrook.com. Mari Tome earrings, $195; maritome.com.

stripes

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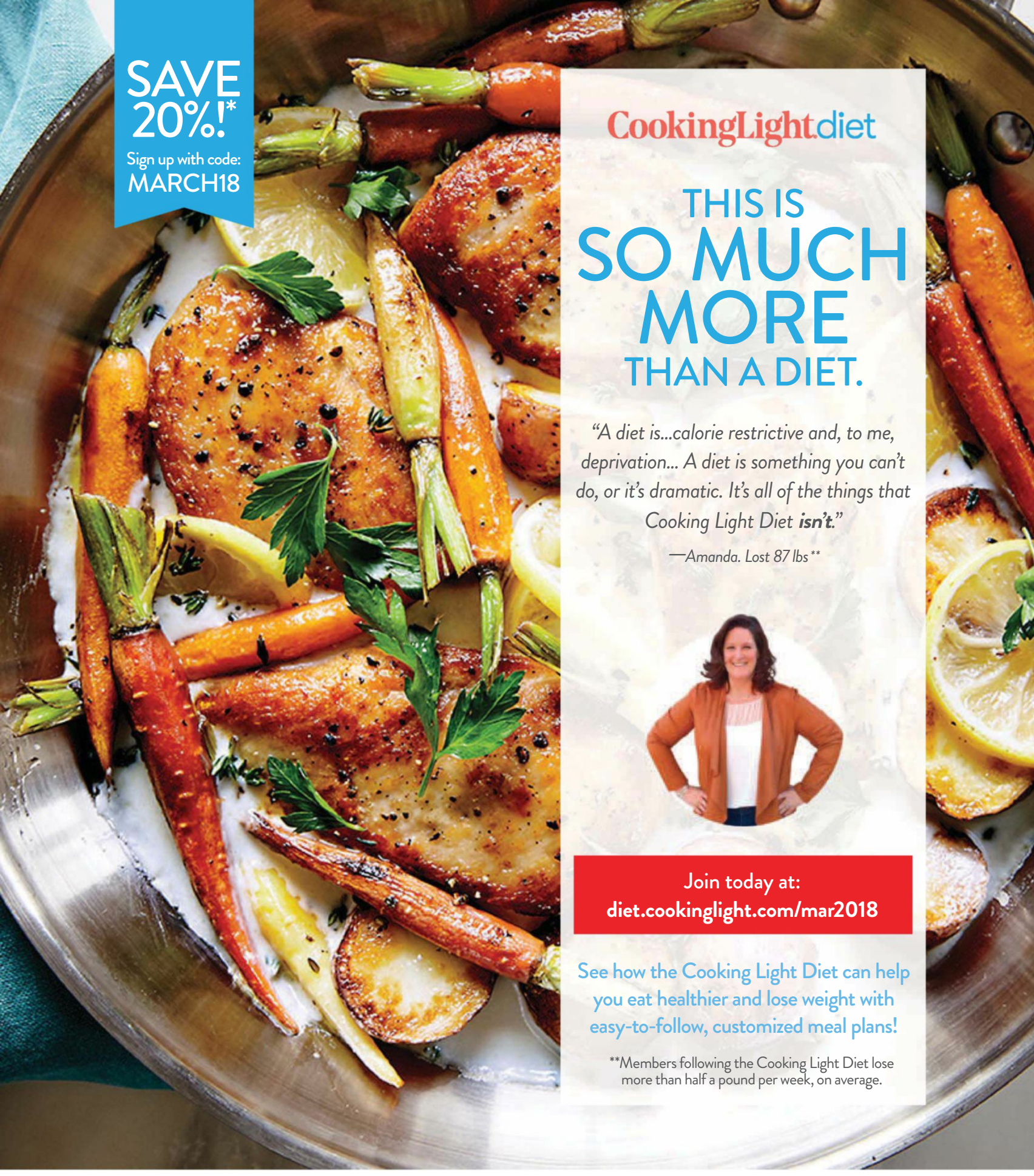
HAIR AND MAKEUP BY AMY CHIN; MANICURE BY RACHEL SHIM FOR ABTP



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food

MARCH

When the morning hours begin to fill with birdsong, we know a spring thaw will soon follow. Enjoy the soundtrack over breakfast with a big batch of baked oatmeal, filled with sunny citrus zest, sweet-tart apples, and golden toasted coconut (page 134). Or try your hand at homemade ricotta (page 137) and spread it over toast with a drizzle of olive oil or honey. And as for dinner? Whip up our poblano tacos (page 130)—or, even easier, head to the freezer aisle and grab a pizza. We did the hard work for you and selected the best-tasting heat-and-eat pies (page 140).

FOOD STYLING BY CHELSEA ZIMMER; PROP STYLING BY CLAIRE SPOLLEN

Photograph by Greg DuPree

© 2016 Kraft Foods

Easy Dinner 1

Steamed mussels with white wine and tarragon

ACTIVE TIME **5 MINUTES** TOTAL TIME **10 MINUTES** SERVES **4**

✓Quick Cooking ✓Healthy Pick ✓One Pot ✓Gluten-Free

- 3 Tbsp. unsalted butter
- 1 medium shallot, finely chopped
- 2 lb. mussels, scrubbed and debearded
- ½ cup dry white wine
- 1 Tbsp. coarsely chopped fresh tarragon
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- Crusty toasted bread, for serving (optional)

HEAT butter in a medium saucepan over medium-high. Add shallot and cook until translucent, about 1 minute. Add mussels and wine; cover and cook until mussels fully open, 3 to 5 minutes (discard any that do not open). Remove from heat and stir in tarragon, salt, and pepper.

USING a slotted spoon, transfer mussels to serving bowls; spoon sauce over top. Serve with crusty toasted bread, if desired.

PER SERVING: 290 CALORIES, 14G FAT (6G SAT.), 86MG CHOL., 0G FIBER, 27G PRO., 10G CARB., 891MG SOD., 1G SUGAR

Recipes by Adam Dolge
Photographs by Greg DuPree

FOOD STYLING BY ANNA HAMPTON; PROP STYLING BY CLAIRE SPOLLEN

Easy Dinner 2

Poblano and squash tacos

ACTIVE TIME **15 MINUTES**
TOTAL TIME **25 MINUTES** SERVES **4**

✓ Quick Cooking ✓ Healthy Pick
✓ Vegetarian ✓ Gluten-Free
✓ Family Friendly

- 3 poblano chiles, stems trimmed
- 1 2-lb. butternut squash, peeled and cut into ¾-in. cubes
- 1 Tbsp. olive oil
- 1 tsp. ancho chile powder, divided
- ½ tsp. kosher salt, divided
- ¼ tsp. black pepper, divided
- ½ cup sour cream
- 1 Tbsp. fresh lemon juice (from 1 lemon)
- 8 corn tortillas
- ¼ cup crumbled cotija or feta cheese
- ¼ cup loosely packed cilantro leaves
- ¼ cup unsalted roasted pumpkin seeds (pepitas)

PREHEAT broiler with rack 6 inches from heat. Line a rimmed baking sheet with parchment paper.

TOSS together poblanos, squash, and oil in a large bowl. Arrange poblanos and squash separately on prepared baking sheet. Toss squash with ½ teaspoon ancho chile powder, ¼ teaspoon salt, and ⅛ teaspoon pepper. Broil, stirring once halfway through, until poblano skins are charred and squash is tender, 8 to 10 minutes. Let cool 5 minutes, then skin, seed, and slice poblanos.

STIR together sour cream, lemon juice, and remaining ½ teaspoon ancho chile powder, ¼ teaspoon salt, and ⅛ teaspoon pepper in a small bowl. Toast tortillas under broiler until golden and warm, about 30 seconds.

ASSEMBLE tacos with tortillas, sour cream mixture, squash, poblanos, cheese, cilantro, and pumpkin seeds.

PER SERVING: 312 CALORIES, 16G FAT (6G SAT.), 27MG CHOL., 3G FIBER, 9G PRO., 37G CARB., 438MG SOD., 5G SUGAR

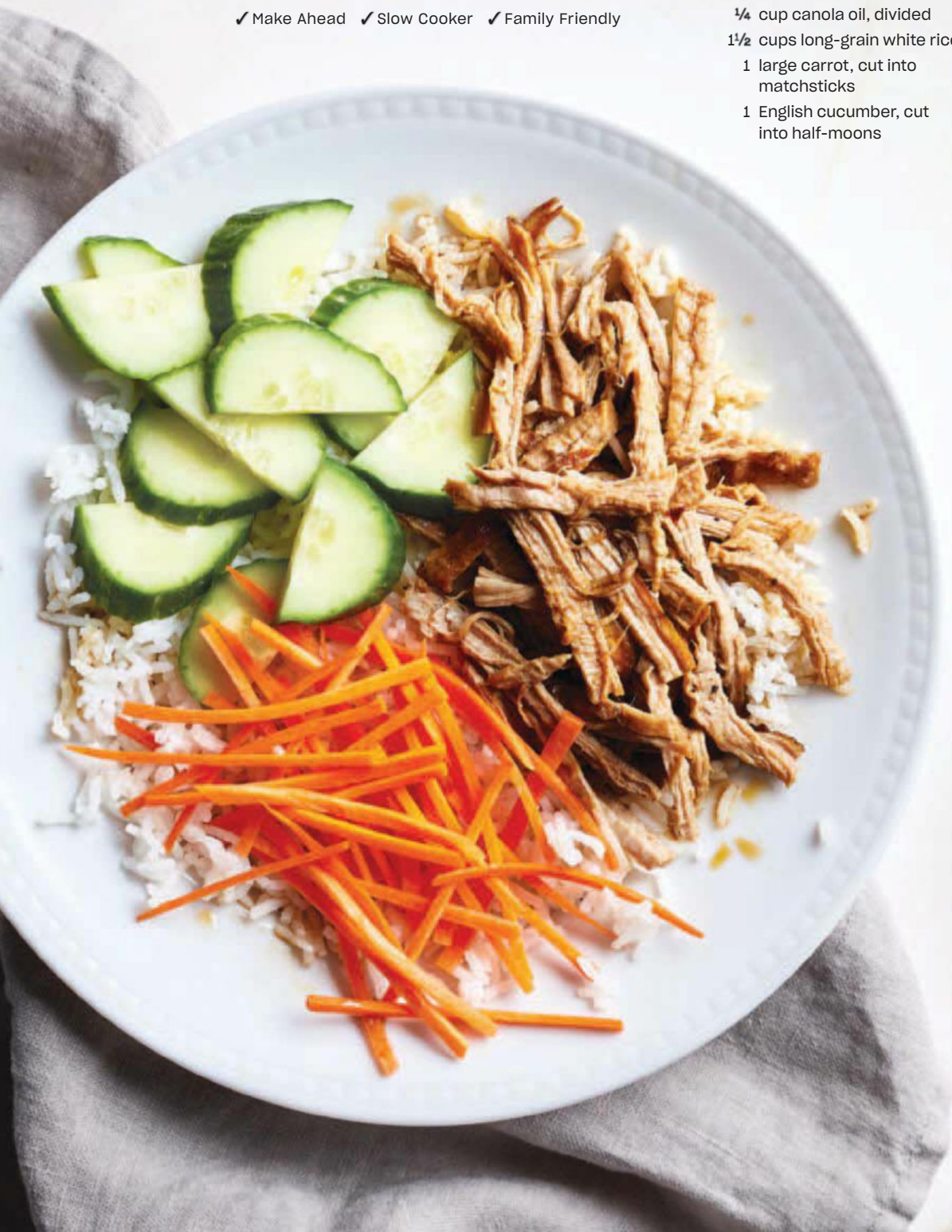
COZI
MAKE A LIST
Cozi, a free app from Time Inc., allows anyone in your household to see and update the grocery list in real time. (Available for iOS and Android.)

Easy Dinner 3

Sweet and spicy pork tenderloin

ACTIVE TIME **20 MINUTES**
TOTAL TIME **5 HOURS, 20 MINUTES** SERVES **4**

✓Make Ahead ✓Slow Cooker ✓Family Friendly



- 1 1-lb. pork tenderloin
- 2 Tbsp. packed light brown sugar, divided
- ¼ tsp. crushed red pepper (optional)
- ¼ cup plus 2 Tbsp. beef stock, divided
- 3 Tbsp. soy sauce
- 2 Tbsp. rice vinegar
- ¼ cup canola oil, divided
- 1½ cups long-grain white rice
- 1 large carrot, cut into matchsticks
- 1 English cucumber, cut into half-moons

SEASON pork with 1 tablespoon sugar and the crushed red pepper, if desired, in a 5- to 6-quart slow cooker. Add ¼ cup stock. Cover and cook on low for 5 hours.

MEANWHILE, whisk soy sauce, vinegar, 2 tablespoons oil, and remaining 2 tablespoons stock and 1 tablespoon sugar in a small bowl until sugar dissolves; set aside.

COOK rice according to package directions. Meanwhile, slice cooked pork crosswise into 3-inch pieces, then pull pieces apart with 2 forks to shred.

HEAT remaining 2 tablespoons oil in a large skillet over medium-high. Add pork and cook, without stirring, until well browned on bottom, about 3 minutes. Stir in half of the soy sauce mixture and cook until liquid thickens, about 1 minute. Remove from heat.

SPOON warm rice onto serving plates. Top with pork, carrot, and cucumber. Drizzle with remaining soy sauce mixture.

PER SERVING: 576 CALORIES, 17G FAT (2G SAT.), 74MG CHOL., 2G FIBER, 31G PRO., 70G CARB., 814MG SOD., 9G SUGAR

Easy Dinner 4

Turkey burgers with lime mayo and avocado

ACTIVE TIME **20 MINUTES** TOTAL TIME **45 MINUTES** SERVES **4**

✓ Family Friendly

- 1½ lb. russet potatoes, cut lengthwise into ½-in.-long wedges
- ¼ cup olive oil, divided
- 2 tsp. chili powder, divided
- 1½ tsp. kosher salt, divided
- ¾ tsp. black pepper, divided
- 1 lb. ground turkey (preferably dark meat)
- ½ cup finely chopped yellow onion
- ½ cup mayonnaise
- 1 tsp. lime zest, plus 2 Tbsp. fresh juice (from 1 large lime)
- 4 whole-wheat hamburger buns, split and toasted
- 1 avocado, sliced
- 4 Bibb lettuce leaves

PREHEAT oven to 450°F. Line a baking sheet with parchment paper. Toss potatoes with 3 tablespoons oil, 1 teaspoon chili powder, 1 teaspoon salt, and ¼ teaspoon pepper in a large bowl. Arrange skin side down in a single layer on prepared baking sheet. Roast, stirring once halfway through, until tender and crispy, 35 to 40 minutes.

MEANWHILE, stir together turkey, onion, and remaining 1 teaspoon chili powder and ½ teaspoon each salt and pepper. Divide mixture into 4 equal portions, then form into scant ¾-inch-thick patties.

HEAT remaining 1 tablespoon oil in a large cast-iron skillet over medium-high. Add patties and cook until charred on both sides and cooked through, about 4 minutes per side.

STIR together mayonnaise, lime zest, and lime juice. Assemble burgers on toasted buns with lime mayo, avocado, and lettuce. Serve with potato wedges and any remaining lime mayo on the side.

PER SERVING: 802 CALORIES, 50G FAT (9G SAT.), 94MG CHOL., 6G FIBER, 26G PRO., 58G CARB., 1,226MG SOD., 6G SUGAR

Easy Dinner 5

Chickpea Niçoise with tahini dressing

ACTIVE TIME **45 MINUTES** TOTAL TIME **45 MINUTES** SERVES **4**

✓Healthy Pick ✓Vegetarian ✓Gluten-Free ✓Family Friendly

- ¼ cup olive oil, divided
- 1 14-oz. can chickpeas, drained, rinsed, and patted dry
- ½ tsp. ground cumin
- ½ tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- 8 oz. green beans or haricots verts, stem ends trimmed
- 4 large eggs
- 1½ Tbsp. fresh lemon juice
- 1 Tbsp. tahini
- 1 small clove garlic, finely chopped
- 2 romaine lettuce hearts, leaves separated
- 1 pt. cherry tomatoes, halved
- 1 English cucumber, chopped
- ½ cup Gaeta or Niçoise olives
- ⅓ cup crumbled feta cheese

HEAT 1 tablespoon oil in a medium skillet over medium-high. Add chickpeas; cook, stirring occasionally, until slightly crisp, about 8 minutes. Stir in cumin and ¼ teaspoon each salt and pepper. Remove from heat; set aside.

COOK green beans in a pot of boiling water until crisp-tender, 3 to 5 minutes. Using tongs, transfer beans to a bowl of ice water; drain and pat dry. Return water in pot to a simmer; gently lower in eggs and cook 11 minutes.

MEANWHILE, whisk lemon juice, tahini, garlic, 1 tablespoon warm water, and remaining ¼ teaspoon each salt and pepper in a small bowl. Whisk in remaining 3 tablespoons oil; set aside.

TRANSFER eggs to a bowl of ice water. Let cool 5 minutes, then peel and quarter.

ASSEMBLE chickpeas, green beans, and eggs on a platter with romaine, tomatoes, cucumber, olives, and cheese. Drizzle with dressing.

PER SERVING: 491 CALORIES, 28G FAT (6G SAT.), 195MG CHOL., 16G FIBER, 22G PRO., 44G CARB., 778MG SOD., 13G SUGAR

Big Batch

Baked oatmeal

ACTIVE TIME **20 MINUTES** TOTAL TIME **55 MINUTES** SERVES **10**

- 3 Tbsp. unsalted butter, melted and divided, plus more for baking dish
- 1 cup coconut flakes
- 2 sweet-tart apples (such as Pink Lady), cut into ½-in. pieces, divided
- 3 cups old-fashioned rolled oats
- 1 cup raisins
- 2 cups grated carrots (from 2 medium carrots), divided
- 1 cup walnut pieces, coarsely chopped, divided
- 1 13.5- to 13.66-oz. can light coconut milk
- 2 large eggs
- 1½ tsp. ground cinnamon
- 1½ tsp. kosher salt
- 1 Tbsp. orange zest (from 1 orange)
- ½ cup packed light brown sugar, divided

PREHEAT oven to 375°F. Generously butter a 9-by-13-inch (or other 3-quart) baking dish. Spread coconut flakes on a rimmed baking sheet and bake until golden, about 3 minutes. Remove from oven.

ARRANGE half of the apple pieces in prepared baking dish. Top with oats, toasted coconut flakes, raisins, 1 cup carrots, and ½ cup walnut pieces. Whisk together coconut milk, eggs, cinnamon, salt, orange zest, ¼ cup sugar, 2 tablespoons melted butter, 2¼ cups water, and remaining 1 cup carrots in a large bowl.

POUR milk mixture over oat mixture. Using the back of a large spoon, press top of mixture, making sure liquid soaks through to bottom of dish. Mix together remaining apple pieces, 1 tablespoon melted butter, and ¼ cup sugar. Sprinkle apple mixture and remaining ½ cup walnut pieces over oats.

BAKE until edges are bubbling and center is set, 30 to 35 minutes. Let cool 5 minutes before serving. If making oatmeal in advance, let cool completely before covering and refrigerating. To reheat, spoon into serving bowls, then add a splash of milk and gently heat in microwave until warmed through.

PER SERVING: 385 CALORIES, 18G FAT (7G SAT.), 46MG CHOL., 6G FIBER, 7G PRO., 54G CARB., 351MG SOD., 30G SUGAR

Photograph by Greg DuPree

FOOD STYLING BY ANNA HAMPTON; PROP STYLING BY CLAIRE SPOLLEN

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Make It Yourself

A DELICIOUS ESSENTIAL THAT'S BETTER HOMEMADE THAN STORE-BOUGHT. WE'LL PROVE IT. THIS MONTH: FRESH RICOTTA

By Grace Elkus

Once you try your hand at making this milky cheese (just four ingredients necessary!), you'll find no shortage of ways to use it. Spoon it over bowls of pasta, spread it onto thick slices of warm toast, tuck it into omelets, fold it into dips, dollop it on top of pizza. And, of course, layer it into lasagna. This homemade version is creamier and more luscious than store-bought varieties—and it's ready in less than an hour.

Photographs by Greg DuPree

ACTIVE TIME **15 MINUTES**
TOTAL TIME **45 MINUTES**
MAKES **2¾ CUPS**

- 8 cups (2 qt.) whole milk (not UHT pasteurized)
- 1½ cups heavy cream
- 1 tsp. kosher salt
- 3 Tbsp. distilled white vinegar

COMBINE milk, cream, and salt in a large saucepan. Heat over medium-high, stirring every few minutes to prevent scorching, until milk just begins to boil (milk will foam and begin to rise), 12 to 15 minutes.

REMOVE from heat and let stand until foaming subsides, about 30 seconds. Slowly stir in vinegar. Let mixture stand until milk curdles and separates from whey, 10 to 15 minutes.

LINE a fine-mesh sieve with a double layer of damp cheesecloth; set over a large bowl. Pour curdled milk into sieve. Let drain, emptying bowl if bottom of sieve touches any drained liquid (the whey), until most of the whey has drained and a rich, creamy ricotta remains, 10 to 15 minutes.

FOOD STYLING BY ANNA HAMPTON; PROP STYLING BY CLAIRE SPOLLEN

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By Ananda Eidelstein

BEST MARGHERITA

Amy's Margherita Pizza

The classic combination of slow-simmered tomato sauce, mozzarella, and basil on this crispy thinner-crust pie tastes incredibly fresh.

TO BUY: $9 for 13 oz.; at grocery stores.

BEST PEPPERONI

Freschetta Naturally Rising Crust Pepperoni

The pepperoni has a mildly spicy kick that melds deliciously with the mozzarella and provolone cheeses. The crust rises as it bakes for a fluffy yet crispy bite. Bonus: It's preservative-free.

TO BUY: $7 for 27.35 oz.; at grocery stores.

BEST VEGETABLE

Whole Foods Market Marinated Grilled Vegetables on Wheat Flour Crust

This wood-fired pizza is fully loaded with broccoli, asparagus, grilled eggplant, peppers, and zucchini. With a smoky touch from the cheese, each bite had us wanting more.

TO BUY: $6 for 13.4 oz.; at grocery stores.

BEST SUPREME

Newman's Own Supreme Thin and Crispy Pizza

An earthy multigrain base stands up to a scrumptious combo of Italian sausage, uncured pepperoni, sliced onion, and bell peppers in every color.

TO BUY: $6.50 for 17 oz.; at grocery stores.

BEST VEGAN

Daiya Pepperoni Style Pizza

The "pepperoni" (made of mushrooms and pea protein) and generous layer of melty nondairy cheese had meat-and-cheese lovers fooled.

TO BUY: $10 for 16.7 oz.; at grocery stores.

BEST GLUTEN-FREE

California Pizza Kitchen Gluten-Free BBQ Chicken

It's hard to tell the crispy crust is gluten-free—which gives it an A+ in our book. The sweet sauce, smoked Gouda, and grilled chicken get high marks too.

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The Struggle Is Real

How to Make Tedious Baby Food Your Kid Won't Eat

By Joe Keohane

All those store-bought baby foods contain additives that will destroy your baby's chances of getting into Stanford, right?! That's why everyone is making their own baby food. *Everyone!* Just follow these many simple steps.

1. Decide to make your own baby food.
Easy, right?

2. Pick a recipe.
There are 180,000 books and 12 million blogs for baby-food recipes. Have fun reading all of them with your partner. While you do, feed your baby store-bought food.

3. Feel bad about feeding your baby the store-bought stuff.
Wasn't there a story one time about trace levels of arsenic in jarred food? You can't remember, but you think you saw a headline about it on Facebook. Hmm.

4. Vet your recipes.
You can't be too careful, so pick your first few recipes and Google the ingredients to see if they might be harmful to infants. They are! Every one is potentially lethal, at least according to some message boards. Vet what FunMomVT1981 claims about rice and what BKVeganDad says about roasted potatoes. Pour another glass of wine and forget about being even remotely alert for that big meeting tomorrow.

5. Continue step 4 for 11 more days.

6. Lie helplessly as baby-food recipes enter your dreams.
While completing step 5, have recurring dreams about baby food. In one, discover a tweet citing incontrovertible evidence that feeding your baby store-bought food will result in his becoming one of those drivers who speed up to block you from changing lanes when you put your blinker on, just for spite.

7. Sleep in!
Kidding.

8. Give up on vetting the recipes and pick one at random.
Steamed yams? Sure. Why not?

9. Fight about yams with your partner.
You don't know how the argument started or why you're even having it, but damned if you'll lose!

10. Go to the store for the yams.
Hurry up—the store closes at 11 p.m.

11. Cook!
You fell asleep as soon as you got in the door last night, so drag yourself home from another punishing day at work and cook the food. Steam the yams until soft and set aside to cool while your partner naps on the floor.

12. That's not a blender; that's the coffee maker.
The blender is next to the sink.

13. Time for num-nums!
Serve your nutritious, lovingly prepared food. When baby rejects it, sob openly and question every decision you've ever made in your whole life. Open a jar of store-bought food. Feed baby. Pour glass of wine. Order more food. Cases of it. Pour more wine. Sleep. Sleep. Sleep.

GETTY IMAGES

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